

# WELLNESS CLASSES

## GROUP EXERCISE STUDIO

**Monday:**  
10:30-11:20AM Classic (Katina)  
11:30AM-12:10PM Strength Basics Katina)  
6:00 – 7:00 PM Step (Gail)

**Tuesday:**  
9:30-10:20AM Boom (Angela)  
10:30-11:20AM Chair Yoga (Angela)  
11:30AM-12:20PM S.S. Classic (Angela)  
6:00PM –7:00PM On the Ball (Debra)

**Wednesday:**  
9:30-10:20 AM Chair Yoga (Angela)  
10:30 AM- 11:20 PM S.S. Classic (Angela)  
11:30 AM-12:45 ABC Arthritis  
6:00PM-7:00PM HIIT (Debra)

**Thursday:**  
9:30 -10:20AM Boom (Angela)  
10:30-11:20AM Classic (Angela)  
11:30 AM-12:20 Yoga Stretch (Angela)  
6:00- 7:00 PM Mixx (Gail)

**Friday:**  
6:00—7:00 PM Line Dance (Gigi)  
11:00 –11:50 AM Zumba ( Yvonne)

**Saturday:**  
9:00 -9:50 AM Yoga (Jessamyn)  
11:00 AM- 12:00 PM Dance Cardio (Gail)

## MULTIPURPOSE ROOM

**Sunday:**  
HITT 9:00AM-10:30AM (Shondell)

**Monday:**  
6:00PM—7:00PM—Women On Weights (Debra Turner)

**Tuesday:**  
9:30-10:20AM: Women On Weights & Core (Yvonne)

**Thursday:**  
9:30-10:20AM: Core & More (Yvonne)  
6:00—7:50PM: Yoga (Jessamyn)

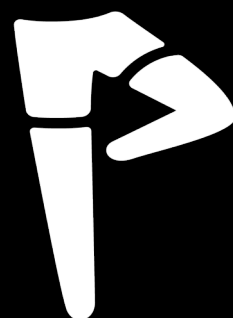
## CYCLE STUDIO

**Tuesday:** IWall 5:00PM-6:00PM

**Wednesday:** 6:30 PM-7:30PM Y-Cycle ( Jessamyn)

**Thursday:** IWall 5:00PM-6:00PM

**Saturday:** 10:00 AM-11:00 Cycle Express (Jessamyn)



## BRANCH HOURS

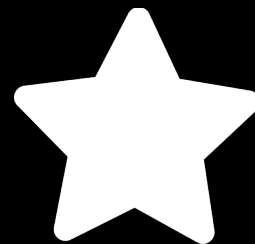
**Monday** 6:00am-9:00pm  
**Tuesday** 6:00am-9:00pm  
**Wednesday** 6:00am-9:00pm  
**Thursday** 6:00am-9:00pm  
**Friday** 6:00am-9:00pm  
**Saturday** 7:00am-4:00pm  
**Sunday** 8:00am-3:00pm

## HOLIDAY HOURS

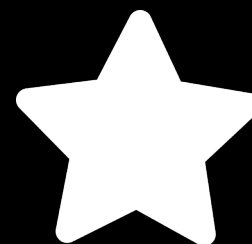
**Easter** CLOSED  
**Memorial Day** 7:00AM-1:00PM  
**4th of July** 7:00AM-1:00PM  
**Labor Day** 7:00AM-1:00PM  
**Thanksgiving** CLOSED  
**Christmas Eve** CLOSED  
**Christmas Day** CLOSED  
**New Years Eve** 7:00AM- 1:00PM  
**New Years Day** 6:00AM-9:00PM

## TOP 10 USERS DECEMBER 2024

Congratulations to the following individuals. They were the top 10 highest users in December 2024



Desiree W.  
Marshall M  
Margaret W.  
Justin G.  
Janice E.  
Edmund S.  
Stephon H.  
Curtis S.  
David M.  
Ken M.

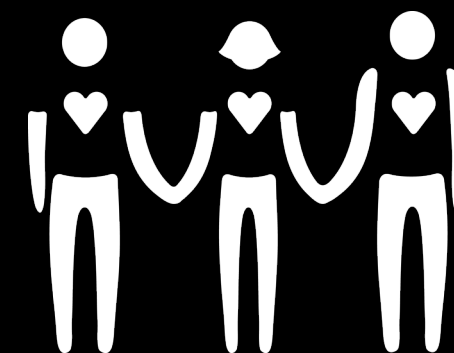


**Warrensville Heights  
Family YMCA**  
4433 Northfield Rd  
Warrensville Heights, Ohio 44128  
(216) 518-9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Program Schedule JANUARY 2025



**Warrensville Heights Family  
YMCA**

Putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

# AQUATICS CLASSES

## Monday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)  
 10:30 AM-11:20 AM Aqua Tone (Janice)  
 11:30 AM-12:20 PM Aquacise  
 1:00 PM - 1:50 PM Aqua Arthritis  
**6:30PM—7:30PM AQUA 360 \*\*New- Israel**

## Tuesday

11:30 AM-12:20 PM Aqua Tone

## Wednesday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)  
 10:30 AM- 11:30 AM Aqua Tone (Janice)  
 11:30 AM-12:20 PM Aquacise  
 1:00 PM - 1:50 PM Aqua Arthritis  
**6:30PM—7:30PM AQUA 360\*\* New Israel**

## Thursday

11:30 AM-12:20 PM Aqua Tone

## Friday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)  
 10:30 AM- 11:20 AM Aqua Tone (Janice)  
 11:30 AM-12:20 PM Aquacise  
 1:00 PM- 1:50 PM Aqua Arthritis

# POOL INFORMATION

## KEEPING YOU INFORMED...

Please remember that we take reservations for lap lanes up to 3 days in advance, if you do not pre-register, you are not guaranteed a spot in a lane.



**We are hiring lifeguards!**

CALL ON	RESERVE FOR
MONDAY	THURSDAY
TUESDAY	FRIDAY
WEDNESDAY	SATURDAY
THURSDAY	POOL CLOSED
FRIDAY	MONDAY
SATURDAY	TUESDAY
SUNDAY	WEDNESDAY

# SPORTS

## BASKETBALL



**Monday:**  
OPEN GYM 6:00AM—5:30PM

**Tuesday:**  
OPEN GYM 6:00AM—5:30PM

**Wednesday:**  
OPEN GYM 6:00AM— 5:30PM

**Thursday:**  
OPEN GYM 6:00AM— 5:30PM

**Friday:**  
OPEN GYM 6:00AM—5:30PM

**Saturday:**  
7:00AM—10:30 AM Open Gym

**Sunday:**  
8:00 AM—9:00 AM Open Gym

## PICKLEBALL

**Monday, Wednesday:** 10:30AM-02:00PM  
**Tuesday, Thursday:** 09:00AM - 01:00PM

## CHEERLEADING

**Tuesdays & Thursday**  
 6:00PM - 7:00PM - Cycle studio  
 NEXT SESSION: 2025

Cheerleading and Basketball League ( Junior Cavs ) are paid programs. Register online! Members enjoy a discounted rate for programs.

# CONTACT INFORMATION

**Michael Carter • Executive Director**  
 mcarter@clevelandymca.org

**J Scott Strickling • Senior Program Director**  
 jstrickling@clevelandymca.org

**Kerek Jenkins • Wellness Director**  
 kjenkins@clevelandymca.org

**Valentina Ron • Membership Director**  
 vron@clevelandymca.org

**Marlon Johnson • Behavioral Health Manager**  
 mjohnson@clevelandymca.org

**Www.clevelandymca.org**

**Download the YMCA 360 App for communications and alerts from the branch!**

# YOUTH & FAMILY ACTIVITIES

## CHILDWATCH



**Mondays, Tuesdays and Thursdays**

**6:00PM - 8:00PM**

**Saturdays**

**9:00AM-1:00M**

## ANNOUNCEMENTS

### PEACE WITHIN REACH

Calling all 9yr-18yr olds, for our Mental Wellness program, "Peace Within Reach," EVERY MONDAY at 6pm-7pm taking place in our "Teen Center."

We understand that mental wellness is essential to living a balanced, healthy life. Our mental wellness services are designed to support you and your loved ones through life's challenges and transitions. Whether you're seeking help with stress, grief or maintaining mental/ emotional wellness, we're here for you!

### Young Queens Lifting Weights

09/13/24—This new class is designed for girls ages 13-19 to teach weight lifting techniques, safety tips and help boost confidence in the weight room. Create a safe and simple workout plan. Every Thursday from September 19—November 7 5:00PM- 6:00PM Register Now!

### SWIMMING LESSONS UPCOMING SESSION

10/15/2024 - 2/22/2025

Member \$64, Non Member \$176, Youth Ages 0-17 \$80, Member Plus \$48 - 8 classes

For more information contact Joyce Tubbs  
[jtubbs@clevelandymca.org](mailto:jtubbs@clevelandymca.org)