

Fall  
2010

# Y GROUP EXERCISE

Cleveland Family  
YMCA  
220 Urbane Rd.  
476-5573

We build strong kids, strong families, strong communities.

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:15am	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>	
5:15am		Muscle Conditioning		Muscle Conditioning		
8:05am	Muscle Conditioning	<b>Studio Cycle*</b>	Muscle Conditioning	<b>Studio Cycle*</b>	Muscle Conditioning	Muscle Conditioning
9:00am	Aerobic X-Training	Pilates	Aerobic X-Training	Pilates	Aerobic X-Training	Aerobic X-Training
9:00am	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		<b>Studio Cycle*</b>	<b>Studio Cycle*</b>
9:45am	SS MSROM**		SS MSROM**			
10:00am	Jazzercise	YOGA	Jazzercise		Jazzercise	Pilates
10:30am	Sr. Circuit **30 min.	Wee Gym (30 min)	Sr. Circuit **30min.			
11:15am.	SS MSROM	Muscle Conditioning	SS MSROM	Muscle Conditioning		Color Key
1:00pm		SS YogaStretch		SS YogaStretch		
4:30pm	<b>Studio Cycle*</b>				<b>Studio Cycle*</b>	Seniors
4:30pm	Aerobic X-Training	Muscle Conditioning	Aerobic X-Training	Muscle Conditioning	ZUMBA	Tot/Parent
5:30pm	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		Flexibility/Core
5:30pm	Muscle Conditioning	TurboKick	Muscle Conditioning	TurboKick		Spinning
6:30pm	<b>CoreWorks*</b>	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		Cardio
6:30pm	Step Interval	Pilates	Step Interval	Pilates		Strength/Toning
7:00pm	<b>Studio Cycle*</b>					
7:30pm	Lite N Lively			Lite N Lively		

\*Held in Studio B \*Other classes held in Aerobic Center unless otherwise indicated \*\*Multipurpose Rm  
Classes are FREE to Y members 12 & up -10 & 11 year olds welcome w/parent