



# the Group Fitness

Cleveland Family YMCA  
220 Urbane Rd.  
476-5573

2012  
Winter 2014

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:15am	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		<b>Studio Cycle*</b>	
5:15am	Muscle Conditioning	Muscle Conditioning		Muscle Conditioning		
8:05am	Muscle Conditioning	ZUMBA	Muscle Conditioning	ZUMBA	Muscle Conditioning	Muscle Conditioning
8:05am	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		<b>Studio Cycle*</b>
9:00am	Aerobic X-Training	PIYO	Aerobic X-Training	PIYO	Aerobic X-Training	TurboKick
9:00am	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		<b>Studio Cycle*</b>	<b>Studio Cycle*</b>
9:45am	SS-MSROM**		SS-MSROM**		SS-MSROM**	
10:00am	Jazzercise	TurboKick	Jazzercise	TurboKick	Jazzercise	ZUMBA
10:30am	AOA Circuit**		AOA Circuit**	Wee Gym Multi Rm	AOA Circuit**	
11:00am		YOGASTRETCH		YOGASTRETCH		
11:15am	SS/MSROM		SS/MSROM		SS/MSROM	YOGA
12:10pm	ZUMBA Gold	Muscle Conditioning	ZUMBA Gold	Muscle Conditioning	ZUMBA Gold	ZUMBA-1pm
12:10pm	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>			
4:15pm	Tai Chi 101 Multi Rm					
4:30pm	Step	Muscle Conditioning	TurboKick	Muscle Conditioning		
4:30pm		ZUMBA**		ZUMBA**		
5:15pm	Tai Chi Multi Rm					
5:30pm	Muscle Conditioning	TurboKick	Muscle Conditioning	TurboKick	ZUMBA	
5:30pm	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>		
6:30pm	<b>Studio Cycle*</b>	<b>Studio Cycle*</b>		<b>Studio Cycle*</b>		
6:30pm	ZUMBA	Lite or Lively	YOGA	Lite or Lively		
7:00pm	Pilates (Multi Rm)					

7:30pm Intro Class \*Class in Studio B \*\*class in Youth Gym

All other classes in main Aerobic Room unless specified otherwise