



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

EFFECTIVE: JUNE 9TH – SEPTEMBER 3RD

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Toning - Al 6:00-6:45am (A) --	LOSE4U - Angela 5:30-6:30am (K)	Toning - Al 6:00-6:45am (A)	LOSE4U - Angela 5:30-6:30am (K)	Toning - Al 6:00-6:45am (A)	Core Conditioning Andy 9:00-9:45am (A)
	Stretching-Ruth 8:00-8:45am (A)	LOSE4U - Angela 7:00-8:00am (K)	Zumba- Hannah 9:00-9:45am (A)	LOSE4U - Angela 7:00-8:00am (K)	Stretching-Ruth 8:00-8:45am (A)	Wild Card Andy (A) 10:00-10:45am
	Wild Card -Pepin 9:00-9:45am (K)	Cycling - Al 6:00-6:45am (C)	Barre - Andy 10:00-10:45am (A)	Cycling - Al 6:00-6:45am (C)	Zumba (A) 9:00 - 9:45am	TRX- Megan (K) 11-11:45am
	Zumba- Hannah 9:00-9:45am (A)	Core Conditioning June 8:15-9:00am (A)	LOSE4U - Gary 5:00-6:00pm (K)	Core Conditioning June 8:15-9:00am (A)	Power Pump-Andy 10:00-10:45am(A)	
	Power Pump-Pepin 10:00-10:45am(A)	Boot Camp - June 9:00-9:45am (G)	LOSE4U - Gary 6:00-7:00pm (K)	Boot Camp - June 9:00-9:45am (G)	Barre -Andy 12:00-12:45pm(A)	
	LOSE4U - Gary 5:00-6:00pm (K)	Cycling - Andy 10:00-10:45am (C)	Yoga - Trish 6:00-6:45pm (B)	Pop Dance-Kristin 11:00-11:45am (A)	Wildcard- Megan 6:00-6:45pm (G)	
	LOSE4U - Gary 6:00-7:00pm (K)	Pop Dance-Kristin 10:00-10:45am (G)	Core Conditioning Andy 6:00-6:45pm (A)	Kickboxing - Crystal 6:00-6:45pm (K)		
	Boot Camp - Andy 6:00-6:45pm (A)	Wild Card-Pepin 10:00-10:45am (K)	Power Pump - Andy 7:00-7:45pm (A)	Cycling- Crystal 7:00-7:45pm (C)		
	Cycling - Beth 6:00-6:45pm (C)	Kickboxing - Crystal 5:15-6:00pm (K)	TRX- Megan (K) 7:00-7:45pm	Kickboxing -Megan 7:00-7:45pm (K)		
	Yoga- Sue 6:00-6:45pm (B)	Kickboxing - Crystal 6:00-6:45pm (K)				
	Power Pump - Beth 7:00-7:45pm (A)	Yoga- Crystal 7:00-7:45pm (K)				

Room Key
(A)Aerobic
Studio
(B)Basement
(C)Cycle Room
(G)Gymnasium
(K)Kickboxing
(R)Racquetball
(BR) BASE Room
(P) Pool

Updated:
6/7/2018

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akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!

