

Group Exercise Schedule

Effective February 3rd, 2020

*Indicates time change.

 Indicates new class

Class Format Key

Silver Sneakers	Aquatics	Cardio
	Mind-body	Strength

BROADVIEW HEIGHTS



PARKS & RECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW 6:00AM-6:45AM Pump and Pedal Erin (Cycling Room)	9:00AM-9:45AM Senior Cardio Sue (Gym B)	NEW 6:00AM-6:45AM Pump and Pedal Jerry (Cycling Room)	9:00AM-9:45AM Senior Cardio Erin (Gym B)	9:00AM-10:00AM Aquacise Aerobics Doris (Pool)	8:15AM-9:00AM Cycling Susan (Cycling Room)
9:00AM-10:00AM Aquacise Aerobics Doris (Pool)	NEW 9:00AM-9:45AM Interval Workout Erin (GRPX B)	9:00AM-10:00AM Aquacise Aerobics Doris (Pool)	10:00AM-11:00AM Senior Yoga Christine (MPA)	9:00AM-9:45AM Senior Cardio Gina (Gym B)	9:15AM-10:15AM Cardio Pump Kristin B. (GRPX B)
9:00AM-9:45AM Senior Cardio Sue (Gym B)	10:00AM-11:00AM Senior Yoga Christine (MPA)	9:00AM-9:45AM Senior Cardio Sue (Gym B)	12:00PM-12:45PM Beginner Yoga Christine (MPB)	NEW 9:00AM-10:00AM 20/20/20 Erin (GRPX B)	9:15AM-10:00AM Cycling Susan (Cycling Room)
10:00AM-11:00AM Cycling Susan (Cycling Room)	12:00PM-12:45PM Beginner Yoga Christine (MPB)	10:00AM-11:00AM Cycling Susan (Cycling Room)	6:00PM-6:45PM Cardio Intervals Cheryl (GRPX B)	10:00AM-11:00AM Cycling Susan (Cycling Room)	9:30AM-10:15AM Vinyasa Yoga Andie (MPB)
10:15AM-11:15AM SilverSneakers Classic* Joyce (Aux Gym)	6:00PM-7:00PM Cycling Joe (Cycling Room)	10:00AM-10:45AM Mat Class Sue (Gym B)	NEW 6:00PM-7:00PM Cycling Marie (Cycling Room)	10:15AM-11:15AM SilverSneakers Classic* Joyce (Aux Gym)	10:30AM-11:15AM Zumba Andie (GRPX B)
11:00AM-12:00PM Silver Splash Gina (Pool)		10:15AM-11:15PM SilverSneakers Classic* Joyce (Aux Gym)	6:00PM-7:00PM Restorative Yoga Ulyana (MPB)		
6:00PM-7:00PM Cycling Jerry (Cycling Room)		6:00PM-7:00PM Cycling Kristin B. (Cycling Room)			
6:00PM-7:00PM Sunset Vinyasa Ulyana (MPB)		6:00PM-7:00PM Ayurveda Yoga Kim (MPA)			
					SUNDAY
					9:00AM-10:00AM Cycling Angie (Cycling Room)
					10:15AM-11:15AM Cycling Angie (Cycling Room)

Classes are subject to change without advance notice. Please check our website for the most up-to-date schedules, pricing, and descriptions.