

Group Exercise Schedule

Effective June 17th, 2019

*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
*8:00AM-9:00AM Aquacise Aerobics <i>Doris (Pool)</i>	new 8:30AM-9:20AM Strength Circuit <i>Riley (GRPX B)</i>	*8:00AM-9:00AM Aquacise Aerobics <i>Doris (Pool)</i>	new 8:30AM-9:20AM Strength Circuit <i>Riley (GRPX B)</i>	*8:00AM-9:00AM Aquacise Aerobics <i>Doris (Pool)</i>	8:15AM-9:00AM Cycling <i>Susan (Cycling Room)</i>
new 8:30AM-9:20AM HIIT <i>Riley (GRPX B)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	new 8:30AM-9:20AM HIIT <i>Riley (GRPX B)</i>	9:00AM-9:45AM Senior Cardio <i>Erin (Gym B)</i>	new 8:30AM-9:20AM HIIT <i>Riley (GRPX B)</i>	9:15AM-10:15AM Cardio Kickboxing <i>Kristin B. (GRPX B)</i>
9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	10:15AM-11:00AM Bootcamp <i>Kristin S. (GRPX B)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	10:15AM-11:00AM Bootcamp <i>Kristin S. (GRPX B)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	9:15AM-10:00AM Cycling <i>Susan (Cycling Room)</i>
10:00AM-11:00AM Cycling <i>Susan (Cycling Room)</i>	12:00PM-12:45PM Beginner Yoga <i>Christine (MPB)</i>	10:00AM-11:00AM Cycling <i>Susan (Cycling Room)</i>	12:00PM-12:45PM Beginner Yoga <i>Christine (MPB)</i>	new 9:30AM-10:30AM 20/20/20 <i>Riley (GRPX B)</i>	9:30AM-10:15AM Yoga <i>Andie (MPB)</i>
10:15AM-11:00AM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	6:00PM-7:00PM Cycling <i>Joe (Cycling Room)</i>	10:15AM-11:00AM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	6:00PM-6:45PM Zumba* <i>Cassie (GRPX B)</i>	10:00AM-11:00AM Cycling <i>Susan (Cycling Room)</i>	10:30AM-11:15AM Zumba <i>Andie (GRPX B)</i>
7:00PM-8:00PM Cycling <i>Jerry (Cycling Room)</i>	7:00PM-8:00PM Cycling <i>Gina (Cycling Room)</i>	6:00PM-7:00PM Cycling <i>Kristin B. (Cycling Room)</i>	7:00PM-8:00PM Cycling <i>Gina (Cycling Room)</i>	10:15AM-11:00AM SilverSneakers Classic* <i>Joyce (Gym B)</i>	SUNDAY
					9:00AM-10:00AM Cycling <i>Angie (Cycling Room)</i>

Evening Yoga classes will return once a qualified instructor is hired

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