

# Group Exercise Schedule

Effective July 15th, 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>	<b>new</b> 8:30AM-9:20AM Strength Circuit <i>Riley (GRPXB)</i>	*8:00AM-9:00AM Aquacise Aerobics <i>Doris (Pool)</i>	<b>new</b> 8:30AM-9:20AM Strength Circuit <i>Riley (GRPXB)</i>	*8:00AM-9:00AM Aquacise Aerobics <i>Doris (Pool)</i>	8:15AM-9:00AM Cycling <i>Susan (Cycling Room)</i>
<b>new</b> 8:30AM-9:15AM HIIT <i>Riley (GRPXB)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	<b>new</b> 8:30AM-9:15AM HIIT <i>Riley (GRPXB)</i>	9:00AM-9:45AM Senior Cardio <i>Erin (Gym B)</i>	<b>new</b> 8:30AM-9:15AM HIIT <i>Riley (GRPXB)</i>	9:15AM-10:15AM Cardio Kickboxing <i>Kristin B. (GRPXB)</i>
9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	10:15AM-11:00AM Bootcamp <i>Kristin S. (GRPXB)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	10:15AM-11:00AM Bootcamp <i>Kristin S. (GRPXB)</i>	9:00AM-9:45AM Senior Cardio <i>Gina (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>	<b>new</b> 9:30AM-10:30AM 20/20/20 <i>Riley (GRPXB)</i>	9:30AM-10:15AM Vinyasa Yoga <i>Andie (MPB)</i>
10:15AM-11:15AM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	6:00PM-7:00PM Cycling <i>Joe (Cycling Room)</i>	10:15AM-11:15AM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	<b>new</b> 7:00PM-7:45PM Hatha Yoga <i>Lisa (MPB)</i>	10:00AM-11:00AM Cycling <i>Susan (Cycling Room)</i>	10:30AM-11:15AM Zumba <i>Andie (GRPXB)</i>
*6:00PM-7:00PM Cycling <i>Jerry (Cycling Room)</i>	<b>new</b> 7:00PM-7:45PM Hatha Yoga <i>Ulyana (MPB)</i>	10:15AM-11:15AM Mat Class* <i>Sue (Aux Gym)</i>		10:15AM-11:15AM SilverSneakers Classic* <i>Joyce (Gym B)</i>	<b>SUNDAY</b>
<b>new</b> 6:00PM-7:00PM Sunset Vinyasa <i>Ulyana (MPB)</i>		6:00PM-7:00PM Cycling <i>Kristin B. (Cycling Room)</i>		<b>new</b> 6:00PM-7:00PM Cycling <i>Gina (Cycling Room)</i>	9:00AM-10:00AM Cycling <i>Angie (Cycling Room)</i>
		<b>new</b> 6:00PM-6:45PM Ayurveda Yoga <i>Kim (MPB)</i>			<b>new</b> 10:30AM-11:30AM Restorative Yoga <i>Ulyana (MPB)</i>

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