

Group Exercise Schedule

Effective January 6th, 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
9:00AM-10:00AM Aquacise Aerobics <i>Doris (Pool)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	9:00AM-10:00AM Aquacise Aerobics <i>Doris (Pool)</i>	9:00AM-9:45AM Senior Cardio <i>Erin (Gym B)</i>	9:00AM-10:00AM Aquacise Aerobics <i>Doris (Pool)</i>	8:15AM-9:00AM Cycling <i>Susan (Cycling Room)</i>
9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	10:00AM-11:00AM Senior Yoga <i>Christine (MPB)</i>	9:00AM-9:45AM Senior Cardio <i>Sue (Gym B)</i>	10:00AM-11:00AM Senior Yoga <i>Christine (MPB)</i>	9:00AM-9:45AM Senior Cardio <i>Gina (Gym B)</i>	9:15AM-10:15AM Cardio Kickboxing <i>Kristin B. (GRPX B)</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>	10:00AM-11:00AM Cycling <i>Susan (Cycling Room)</i>	9:15AM-10:00AM Cycling <i>Susan (Cycling Room)</i>
10:15AM-11:15AM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	6:00PM-7:00PM Cycling <i>Joe (Cycling Room)</i>	10:00AM-10:45AM Mat Class <i>Sue (Gym B)</i>	6:00PM-6:45PM Cardio Intervals <i>Cheryl (GRPX B)</i>	10:15AM-11:15AM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	9:30AM-10:15AM Vinyasa Yoga <i>Andie (MPB)</i>
11:00AM-12:00PM Silver Splash <i>Gina (Pool)</i>	6:00PM-7:00PM Hatha Yoga* <i>Ulyana (MPB)</i>	10:15AM-11:15PM SilverSneakers Classic* <i>Joyce (Aux Gym)</i>	 6:00PM-7:00PM Cycling <i>Marie (Cycling Room)</i>		10:30AM-11:15AM Zumba <i>Andie (GRPX B)</i>
6:00PM-7:00PM Cycling <i>Jerry (Cycling Room)</i>		6:00PM-7:00PM Cycling <i>Kristin B. (Cycle Room)</i>	 6:00PM-7:00PM Restorative Yoga <i>Ulyana (MPB)</i>		
6:00PM-7:00PM Sunset Vinyasa <i>Ulyana (MPB)</i>		6:00PM-7:00PM Ayurveda Yoga <i>Kim (MPA)</i>			
					SUNDAY
					9:00AM-10:00AM Cycling <i>Angie (Cycling Room)</i>
					 10:15AM-11:15AM Cycling <i>Angie (Cycling Room)</i>

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