

WELLNESS FLOOR CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 9:15-10:00 am	Circuit Silver Sneakers 8:15-9:00 am	TRX Small Group Training 5:15-6:00 am	Circuit Silver Sneakers 8:15-9:00 am	Balance & Stability 9:15-10:00 am	Yoga 8-8:45 am	Dance Fitness 11:30-12:15 pm
Yoga 9:15-10:00 am	Cycle 9:15-10:00 am	Dance Fitness 8:15-9:00 am	Strength Training 9:15-10:00 am	Cycle 9:15-10:00 am	Cycle 8:15-9:00 am	
Strength Training 10:15-11:00 am	Balance & Stability 9:15-10:00 am	Cycle 9:15-10:00 am	Cycle 9:15-10:00 am	MX4 9:15-10:00 am	Tabata Timing 9:15-10:00 am	
Classic Silver Sneakers 11:15-12:00 pm	MX4 9:15-10:00 am	Yoga 9:15-10:00 am	Yoga 9:15-10:00 am	Chair Yoga 10:15-11:00 am	Zumba 10:15-11:00 am	
Circuit Silver Sneakers 12:15-1:00 pm	MX4 10:15-11:00 am	Strength Training 10:15-11:00 am		MX4 10:15-11:00 am		
	Beginner Silver Sneakers 11:15-12:00 pm	Classic Silver Sneakers 11:15-12:00 pm		Classic Silver Sneakers 11:15-12:00 pm		
		Circuit Silver Sneakers 12:15-1:00 pm		Circuit Silver Sneakers 12:15-1:00 pm		
			Slow Burn Yoga 4:30-5:15 pm			
			TRX Small Group Training 5:15-6:00 pm			
Cycle 6:15-7:00 pm	HIIT 6:00-6:45 pm	Cycle 6:15-7:00 pm	HIIT 6:00-6:45 pm			
Strength Training 6:15-7:00 pm		Strength Training 6:15-7:00 pm	Cycle 6:15-7:00 pm			
Yoga 7:15-8:00 pm	Yoga 7:15-8:00 pm	Yoga 7:15-8:00 pm				
TRX Small Group Training 7:15-8:00 pm						

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