

GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2026 *\$3/CLASS **HIIT \$8/CLASS ***TAI CHI \$20/4WEEKS FREE CLASSES/ NO REGISTRATION Zumba Strength and Conditioning Chair Yoga Dance Fitness Cycle Express Strength & Mobility	**Small Group HIIT Circuit WELLNESS CENTER 8:00 AM PAULETTE	Strength & Conditioning Y ROOM 9:00 AM PAULETTE	*TRX Y ROOM 9:00 AM DEANNA	*TRX Y ROOM 7:00 AM BETH	*Small Group HIIT Circuit WELLNESS CENTER 9:00 AM PAULETTE	
	*Cycle CYCLE STUDIO 9:00 AM DEANNA	*TRX Y ROOM 10 AM GAIL	Zumba MPR 9:00 AM NICOLE	Strength & Mobility Y ROOM 9:00 AM PAULETTE	*Cycle CYCLE STUDIO 9:00 AM DEANNA	
	**Small Group HIIT Circuit WELLNESS CENTER 9:30 AM PAULETTE	Strength Over 60 Y ROOM See Info in Daxko 11 AM GAIL	*Cycle CYCLE STUDIO 9:00 AM MARY		Zumba Y ROOM 9:00 AM CHRISSY	Dance Fitness Y ROOM 9:00 AM JANIE/BRANDEE
	***Tai Chi Progressive Y ROOM 10:00 AM JENNY	NEW! *Dance Flow Fitness STUDIO A 10 AM SARAH	*Yoga STUDIO A 10:00 AM DEANNA	*Deep Stretch STUDIO A 10:00 AM CHERISHE	NEW! *Cardio Box Y ROOM 10:00 AM PAULETTE/ COREY	
		Chair Yoga Y ROOM 4:30 PM SUZANNE	Cycle Express 25 min CYCLE STUDIO 4:30 PM COREY	NEW! *Yoga STUDIO A 4:30 PM AMY	*Pilates STUDIO A 10:00 AM JOY	
	Zumba Y ROOM 5:30 PM MARIA	Dance Fitness Y ROOM 5:30 PM JANIE	*Yoga STUDIO A 5:30 PM JOY	Dance Fitness Y ROOM 5:30 PM BRANDEE		
	*Pilates STUDIO A 6:15 PM SUZANNE	Strength & Conditioning Y ROOM 6:30 PM TR		Strength & Conditioning Y ROOM 6:30 PM TRACEY		

No refunds. Class credit only for a future class

Central YMCA

933 Mentor Avenue, Painesville, OH 44077

P 440 352 3303 www.lakecountymca.org

