

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE FEBRUARY 27, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 8:00am- 9:15m	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Silver Sneaker® Yoga 8:15am-9:00am Sandy K.
	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.	Zumba® 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:00am-9:45am Pam V.	Zumba® 9:00am-9:45am Annette A.	Silver Sneaker® Classic 9:00am-9:45am Pam V.	Silver Sneaker® Classic 9:15am-10:00am Sandy K.
Pee Wee Champs 9:30am- 10:15am Coach Kat	Silver Sneaker® Classic 10:00am-10:45am Cherish M.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P.	Yoga 10:15am-11:15am Sandy K.
	Silver Sneaker® Yoga 11:15am-12:00pm Cherish M.	Healthy Back 11:15am-12:00pm Brian C.	Zumba Gold® 11:15am-12:00pm Jody	Healthy Back 11:15am-12:00pm Brian C.	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C.	Pee Wee Gymnastics 11:30am-12:10pm Coach Cassandra
Open Gym 10:30am- 2:45pm	Enhance Fitness* 12:15pm- 1:00pm Cherish M.	Open Gym 12:15pm- 4:45pm	Open Gym 12:15pm-8:45pm	Open Gym 12:15pm- 6:00pm	Open Gym 12:15pm-3:45pm	Youth Gymnastics 12:15pm-12:55pm Coach Cassandra
	Open Gym 1:15pm-4:45pm					
	Open Gym (1/2) Youth Karate (1/2) 4:45pm- 5:45pm Sensai Al	HIIT 6:15pm-7:00pm Tara B.		Youth Basketball 6:15pm-7:15pm Coach Mike	Youth Soccer 5:00pm-5:45pm Coach Kayla	
		Open Gym 7:15pm-8:45pm		Open Gym 7:15pm-8:45pm	Open Gym 7:15pm-8:45pm	Jr Cavs Open League Practice 6:00pm-7:00pm

*Enhance Fitness classes begin March 7 and require pre-registration.

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE FEBRUARY 27, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	
Family Open Gym 8:00am-10:30am	Pick-Up Basketball 9:00am-11:00am	Beginner Pickleball 9:00am-10:30am	Pick-Up Basketball 9:00am-11:00am	Beginner Pickleball 9:00am-10:30am	Pick-Up Basketball 9:00am-11:00am	Jr Cavs League Basketball Games 8:00am-1:30pm
Birthday Parties 10:30am-1:30pm		Open Gym 10:30am-12:00pm		Open Gym 10:30am-12:00pm		
Open Gym 1:30pm-2:45pm	Open Gym 11:00am-1:00pm	Adult Pick Up Basketball 12:00pm-3:00pm	Open Gym 11:00am-1:00pm	Adult Pick Up Basketball 12:00pm-3:00pm	Open Gym 11:00am-1:00pm	
	Advanced Pickleball 1:00pm-3:00pm		Pickleball 1:00pm-3:00pm		Pickleball 1:00pm-3:00pm	
	SACC 3:00pm-5:00pm	SACC 3:00pm-4:45pm	SACC 3:00pm-5:00pm	SACC 3:00pm-5:00pm	SACC 3:00pm-5:00pm	Birthday Parties 1:30pm-4:30pm
	Jr Cavs Basketball Practices 5:00pm-6:15pm	Jr Cavs Basketball Practices (1/2) Pee Wee Basketball (1/2) 5:00pm-5:45pm Coach Emma	Jr Cavs Basketball Practices 5:00pm-6:15pm	Jr Cavs Basketball Practices 5:00pm-6:15pm	Family Programming 5:00pm-7:45pm	
	Jr Cavs Basketball Practices 6:20pm-7:15pm	Jr Cavs Basketball Practices (1/2) Youth Floor Hockey (1/2) 6:00pm-6:45pm Coach Emma	Jr Cavs Basketball Practices 6:20pm-7:15pm	Jr Cavs Basketball Practices 6:20pm-7:15pm		
		Open Gym 7:00-7:45pm				

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE FEBRUARY 27, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODYPUMP® 5:45am- 6:30am Brett P.		BODYPUMP® 5:45am- 6:30am Brett P.		
	Yoga 7:00am-7:45am Paula C.		Yoga 7:00am-7:45am Paula C.			
					Tai Chi 8:00am-8:45am Brian C.	BODYPUMP® Express 8:15am-8:45am Michelle C.
BODYPUMP® 9:00am-10:00am Brett P.	BODYPUMP® 9:00am-10:00am Kym S.	Core & More 9:00am-9:45am Kayla G.	BODYPUMP® 9:00am-10:00am Kym S.	Core & More 9:00am-9:45am Tara B.	HIIT 9:00am-9:45am Tara B.	Cardio Kickboxing 9:00am-9:45am Michelle C.
Power Yoga 10:15am-11:15am Lexie G.	Core & More 10:15am-11:00am Pam V.	Cardio Intervals 10:00am-10:45am Kayla G.	Drums Alive 10:15am-11:00am Jody H.	HIIT 10:00am-10:45am Kayla G.	Drums Alive 10:00am-10:45am Gene G.	BODYPUMP® 10:00am-11:00am Nicole T
Zumba® 11:30am-12:15pm Mary Ellen G.	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	Low Impact Circuit 11:15am-12:00pm Cherish M.	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	Low Impact Circuit 11:15am-12:00pm Cherish M.	Zumba Gold® 11:15pm-12:00pm Cherish M.	
	Yoga 12:15pm-1:00pm Bonnie P.		Enhance Fitness* 12:15pm- 1:00pm Cherish M.		Enhance Fitness* 12:15pm- 1:00pm Cherish M.	
	Fusion 5:00pm-5:45pm Shawniece B.	Pilates 5:00pm-6:00pm Sandy K.	Barre 5:00pm-5:45pm Shawniece B.	Fusion 5:00pm-5:45pm Cathy S.		
	BODYPUMP® 6:15pm-7:00pm Eleanor P.	Yoga 6:15pm-7:00pm Mary Ellen G.	BODYPUMP® 6:15pm-7:15pm Eleanor P.	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.		
				Power Yoga 7:15pm-8:15pm Lexie G.		

*Enhance Fitness classes begin March 7 and require pre-registration.

INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM/TRX CIRCUIT SCHEDULE
 EFFECTIVE FEBRUARY 27, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:45am-6:30am Michelle C.				Group Cycling 5:45am-6:30am Michelle C.	
			Group Cycling 7:00am- 7:45am Pam V.			
Group Cycling 8:15am-9:00am Abby O.					Group Cycling 8:30am-9:15am Alison C.	
			Group Cycling 9:30am-10:15am Sarah C.			Low Impact Group Cycling 9:15am-9:45am Pam V.
		TRX Circuit 10:30am-11:15am Cherish M.		TRX Circuit 11:15am-12:00pm Kayla G.		Group Cycling 10:15am-11:00am Pam V.
	Group Cycling 5:00pm-5:45pm Nicole T.			Group Cycling 5:00pm-5:45pm Shawniece B.		
		Group Cycling 6:15pm-7:00pm Cathy S.	Group Cycling 6:15pm-7:00pm Shawniece B.			

All TRX Circuit classes are located at the Queenax on the Wellness Floor.