



HEALTHY LIVING

Improving the nation's health and well-being

Session 3 Class Schedule

Classes Run January 6 – March 2, 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 - 6:45 am Cycle \$3/\$35	6 - 6:45 am TRX \$20/\$80	6 - 6:45 am Cycle \$3/\$35	6 - 6:50 am Zumba \$10/\$75	6 - 6:45 am Cycle \$3/\$35	
	6:50 - 7:15 am Early Bird Floor Workout (MPR) FREE!/\$35		6:50 - 7:15 am Early Bird Floor Workout (Gym) FREE!/\$35	7 - 7:45 am Beginner TRX \$20/\$80	6:50 - 7:15 am Early Bird Floor Workout (MPR) FREE!/\$35	
	8 - 8:45 am SilverSneakers® MSROM FREE! Members Only		8 - 8:45 am SilverSneakers® MSROM FREE! Members Only	8 - 8:50 am Chair Yoga FREE!/\$35	8 - 8:45 am TRX \$20/\$80	8 - 8:45 am Cycle \$3/\$35
	9:15 - 10 am Cycle \$3/\$35	9:05 - 10 am Boot Camp \$3/\$35	9 - 9:45 am TRX \$20/\$80	9 - 10 am Cardio & Strength \$3/\$35	9:05 - 10 am Cycle \$3/\$35	9:15 - 10:15 am Interval Cross Training \$3/\$35
			9 - 9:50 am Zumba (MPR) \$10/\$75			
	10:10 - 11:10 am Tai Chi Exercise FREE!/\$35	10:05 - 11:05 am Yoga \$10/\$75	10 - 11 am Yoga \$10/\$75		10:15 - 11 am TRX \$20/\$80	
			10 - 11 am Tai Chi Exercise (MPR) FREE!/\$35		10:15 - 11 am Pilates (MPR) \$10/\$75	
	11:15 - Noon SilverSneakers® MSROM FREE! Members Only		11:15 - Noon SilverSneakers® Yoga Stretch FREE! Members Only	11:15 - Noon TRX \$20/\$80	11:15 - Noon SilverSneakers® MSROM FREE! Members Only	
3:40 - 4:30 pm Zumba \$10/\$75	12:10 - 1:05 pm SilverSneakers® Cardio Circuit FREE! Members Only		12:10 - 1:05 pm SilverSneakers® Cardio Circuit FREE! Members Only		12:10 - 1:05 pm SilverSneakers® Cardio Circuit FREE! Members Only	Noon - 1 pm Yoga \$10/\$75
	5 - 5:45pm TRX Bootcamp \$20/\$80	5:15 - 6:05 pm Chair Yoga (KofC) FREE!/\$35	5 - 5:55 pm Step \$3/\$35	5 - 5:50 pm Zumba \$10/\$75	5:15 - 6 pm Beginner TRX \$20/\$80	
	6:15 - 7:15 pm Step \$3/\$35	5:30 - 6:20 pm Zumba \$10/\$75	6 - 6:50 pm Zumba \$10/\$75	6 - 6:55 pm Group Strength Training \$3/\$35	6:05 - 6:50 pm Cycle \$3/\$35	
		6:20 - 7:20 pm Yoga (KofC) \$10/\$75				
		6:30 - 7:15 pm Cycle \$3/\$35	7 - 8 pm Beginner Pilates/ Pilates \$7/\$60	7 - 8 pm Beginner Yoga/ Yoga \$7/\$60	7 - 8pm Cross Training \$3/\$35	
	7:30 - 8:25 pm Pilates \$10/\$75					

Central Y - 933 Mentor Ave, Painesville, OH, 44077

Questions: bhorvath@lakecountyyymca.org

(440) 352-3303 ext.119



HEALTHY LIVING

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Session 3 Class Schedule

Classes Run January 6 – February 23, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15 - 10 am Water Fitness \$5/\$25	10 - 10:45 am Water Fitness \$5/\$25	9:15 - 10 am Water Fitness \$5/\$25	10 - 10:45 am Water Fitness \$5/\$25	9:15 - 10 am Water Fitness \$5/\$25	8:30 - 9:15am Water Fitness \$5/\$25
	10:45 - 11:30 am Water Fitness \$5/\$25	10:45 - 11:30 am Water Fitness \$5/\$25	10:45 - 11:30 am Water Fitness \$5/\$25	10:45 - 11:30 am Water Fitness \$5/\$25	10:45 - 11:30 am Water Fitness \$5/\$25	
	1:30 - 2 pm Functional Water Fitness FREE!/\$5 per day		1:30 - 2 pm Functional Water Fitness FREE!/\$5 per day		1:30 - 2 pm Functional Water Fitness FREE!/\$5 per day	
	8 - 8:45 pm Water Fitness \$5/\$25	5:45 - 6:30 pm Water Fitness \$5/\$25	5:45 - 6:30 pm Water Fitness \$5/\$25	5:45 - 6:30 pm Water Fitness \$5/\$25		

Try It Week – February 17 – 23, 2013

Lots of people are new to the Y or have a friend who's been talking about joining you to work out. We created Try it Week so ANYONE can sample EVERYTHING we offer in group exercise. Try It Week is also great if you're getting bored with your regular routine or your workout just isn't challenging you like it used to, **it's time to try something new.**



Try It Week gives everyone the opportunity to try something new the last week of our 8 week session. Instructors will gear all classes toward the beginner, but everyone is going to get a great workout! Please share this guest pass, valid February 17 – 23, 2013, with your friends. Members who bring a guest and guests are entered into a prize drawing (prizes TBD but included FREE classes and promotional gifts).



Lake County YMCA Central Branch

GUEST PASS

Good for participants attending **Group Exercise Try It Week** February 17 -23, 2013 at the Central Y in Painesville.

Name _____ Age _____

Street _____

City _____ Zip _____

Today's Date _____ Guest of _____

Sorry, not redeemable for cash.