

GYM & CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00AM-8:00AM OPEN GYM	5:00AM-6:00AM OPEN GYM	5:00AM-8:00AM OPEN GYM	5:00AM-7:45AM OPEN GYM	5:00AM-7:00AM OPEN GYM	7:00AM-7:45AM OPEN GYM	9:00AM-11:45AM OPEN GYM		
6:00AM-7AM Cycling w/Pam SPIN ROOM	6:15AM-7:15AM Barre-Lates w/Arlene GYMNASIUM		6:00AM-7:00AM Cycling w/Donna SPIN ROOM				8:00AM-8:45AM Summer Boost w/Arlene (May/June) GYMNASIUM	
			8:00AM-10:15AM Pickleball GYMNASIUM				9:00AM-10:00AM Aerobic Dance w/ Sue GYMNASIUM	6:15AM-7:15AM Barre-Lates w/Arlene GYMNASIUM
8:00AM-10:15AM Pickleball GYMNASIUM	7:15AM-8:30AM OPEN GYM	8:00AM - 10:30AM Pickleball GYMNASIUM	10:00AM-10:30AM Line Dance w/Kristal NEW STUDIO	7:30AM-10:30AM Pickleball GYMNASIUM	8:30AM-9:30AM Yoga w/Annette NEW STUDIO			
	9:00AM-10AM Aerobic Dance w/Sue GYMNASIUM	9:00AM-9:45AM Total Body Sculpt w/Sue NEW STUDIO	11:00AM-11:45AM Muscles w/Maggie NEW STUDIO	9:00AM-10:00AM Total Body Sculpt w/Sue NEW STUDIO	9:00AM-1:45PM OPEN GYM			
10:15AM-10:45AM SUMMER CAMP				12:00PM-5:30PM SUMMER CAMP NEW STUDIO			11:00AM-12:00PM Chair Yoga w/Melissa GYMNASIUM	
11:00AM-11:45PM Fitness w/Friends w/Maggie GYMNASIUM	11:00AM-11:30AM Fitness w/Friends w/Maggie GYMNASIUM	11:00AM-11:45AM Fitness with Friends w/Maggie GYMNASIUM		11:00AM-11:45PM Muscles w/Maggie TURF	OPEN GYM DETAILS No street shoes please. Day lockers are available for storage of street shoes and personal items. Children under age 12 MUST be accompanied by an ADULT at all times. Code of Conduct applies to Members and Guests. Youth under 18 are prohibited in hot tub, sauna, and steam room. Updated 6/28/26 Building hours: SUMMER Monday-Thursday 5:00am-8:00pm Friday 5:00am-7:00pm Saturday 7:00am-2:00pm Sunday 9:00am-12:00pm ... Hours and availability subject to change			
12:00PM-1:00PM Cycling w/Maggie SPIN ROOM	12:45PM-2:30PM SUMMER CAMP GYMNASIUM	12:00PM-1:00PM Cycling w/Maggie SPIN ROOM	12:00PM-5:30PM SUMMER CAMP GYMNASIUM	12:00PM-1:00PM Cycling w/Maggie SPIN ROOM				
12:00PM-4:00PM SUMMER CAMP GYMNASIUM		12:00PM-2:00PM SUMMER CAMP GYMNASIUM	5:45PM-6:30PM Zumba w/Kristal NEW STUDIO	12:15PM-2:30PM Pickleball GYMNASIUM				
1:00PM-1:30PM Mindful Movement w/Sarah NEW STUDIO		2:30PM-4:00PM SUMMER CAMP NEW STUDIO		2:30PM-5:00PM SUMMER CAMP NEW STUDIO				
2:30PM-4:00PM SUMMER CAMP NEW STUDIO	2:30PM-4:30PM OPEN GYM	5:00PM-7:00PM GYMNASTICS GYMNASIUM (June/July)	5:30PM-7:45PM OPEN GYM					
4:00PM-5:30PM SUMMER CAMP GYMNASIUM	4:30PM-5:30PM SUMMER CAMP GYMNASIUM	5:00PM-6:00PM SUMMER CAMP NEW STUDIO						
5:30PM-6:30PM Cycling w/Ellen SPIN ROOM	5:30PM-7:45PM OPEN GYM w/Ray	5:30PM-6:30PM Pilates w/ Ellen NEW STUDIO/CHILDWATCH						
5:30PM-7:45PM OPEN GYM		7:00PM-7:45PM OPEN GYM						
* Geneva and Clifton Springs YMCA are collaborating to enhance community wellness programs with shared activities and initiatives								
* AMRAP: As Many Reps As Possible - Classes are at 10 Crane Street - www.csaymca.org/group-exercise1.html								