

## GYM & CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-7:00AM <b>YMCA STUDIO</b> Cycling w/Pam	6:15AM-7:15AM Barre-Lates w/Arlene <b>VISITOR CENTER</b>	9:00AM-9:45AM Total Body Sculpt w/ Sue <b>YMCA STUDIO</b>	6:00AM-7:00AM <b>YMCA STUDIO</b> Cycling w/Donna	6:15AM-7:15AM Barre-Lates w/Arlene <b>VISITOR CENTER</b>	7:30AM-8:15AM Cardio Fusion w/Arlene <b>YMCA STUDIO</b>	<b>NO PROGRAMS on Sundays</b>  <b>Swimming Pool, Weight Room and Treadmills are available</b>  <b>Open Gym and Pickleball is not currently available.</b>
	9:00AM-10:00AM Salsa w/ Sue <b>YMCA STUDIO</b>		9:00AM-10:00AM Salsa w/ Sue <b>YMCA STUDIO</b>			
			10:00AM-10:30AM Line Dance w/Krystal <b>YMCA Studio</b>	9:00AM-9:45AM Total Body Sculpt w/Sue <b>YMCA STUDIO</b>	8:30AM-9:30AM <b>STUDIO</b> Yoga w/Annette	
11:00AM-11:45AM Silver Sneakers w/Maggie <b>AMERICAN LEGION</b>	11:00AM-11:30AM Balance w/Maggie <b>AMERICAN LEGION</b>			11:15AM-12:00PM Muscles With Maggie <b>YMCA STUDIO</b>		
		11:00AM-11:45AM Silver Sneakers w/Maggie <b>AMERICAN LEGION</b>	6:00PM-6:45PM Zumba w/ Krystal <b>STUDIO</b>	11:00AM-12:00PM Chair Yoga w/Melissa <b>*78 Castle St*</b>	Alternative Pickleball Resources include free outdoor courts behind Geneva High School, at Sonnenberg Park in Canandaigua and in Clifton Springs Village Park.  This schedule is subject to change without notice. Visit <a href="http://GenevaFamilyYMCA.org">GenevaFamilyYMCA.org</a> or call 315-789-1616 for the latest information on locations, times and availability.  Updates 12/9. Effective 12/10/2025	
12:00PM-1:00PM <b>YMCA STUDIO</b> Cycling w/Maggie		12:00PM-1:00PM <b>YMCA STUDIO</b> Cycling w/Maggie				
5:30PM-6:30PM <b>YMCA STUDIO</b> Cycling w/Ellen	5:30PM-6:15PM TRX & More w/Tif <b>West Street School Mini Gym</b>	5:30PM-6:30PM Pilates w/Ellen <b>STUDIO</b>		12PM-1PM <b>YMCA STUDIO</b> Cycling w/ Maggie		