

## GYM & CLASS SCHEDULE

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY                           |  |
|--|--|---|--|--|--|----------------------------------|--|
| 5:00AM-8:00AM<br><b>OPEN GYM</b>                                     | 5:00AM-6:00AM<br><b>OPEN GYM</b>                                     |   | 5:00AM-7:45AM<br><b>OPEN GYM</b>   |  |  |                                  |  |
| 6:00AM-7AM<br>Cycling w/Pam<br><b>SPIN ROOM</b>                      | 6:15AM-7:15AM<br>Barre-Lates w/Arlene<br><b>GYMNASIUM</b>            | 5:00AM-8:00AM<br><b>OPEN GYM</b>  | 6:00AM-7:00AM<br>Cycling w/Donna<br><b>SPIN ROOM</b>                     | 5:00AM-7:00AM<br><b>OPEN GYM</b>                               | 7:00AM-7:45AM<br><b>OPEN GYM</b>   |                                  |  |
|  |  |   | 8:00AM-8:45AM<br>Summer Boost w/Arlene<br>(May/June)<br><b>GYMNASIUM</b> |  |  |                                  |  |
| 8:15AM-10:15AM<br>Pickleball<br><b>GYMNASIUM</b>                     | 7:15AM-8:30AM<br><b>OPEN GYM</b>                                     | 8:15AM - 10:30AM<br>Pickleball<br><b>GYMNASIUM</b>                      | 9:00AM-10:00AM<br>Aerobic Dance w/ Sue<br><b>GYMNASIUM</b>               | 6:15AM-7:15AM<br>Barre-Lates w/Arlene<br><b>GYMNASIUM</b>      | 8:00AM-9:00AM<br>Cardio Fusion w/Arlene<br><b>GYMNASIUM</b>  | 9:00AM-3:45PM<br><b>OPEN GYM</b> |  |
|  | 9:00AM-10AM<br>Aerobic Dance<br>w/Sue<br><b>GYMNASIUM</b>            | 9:00AM-9:45AM<br>Total Body Sculpt<br>w/Sue<br><b>NEW STUDIO</b>        | 10:00AM-10:30AM<br>Line Dance w/Kristal<br><b>NEW STUDIO</b>             | 7:30AM-10:30AM<br>Pickleball<br><b>GYMNASIUM</b>               | 8:30AM-9:30AM<br>Yoga w/Annette<br><b>NEW STUDIO</b>   |                                  |  |
| 10:15AM-10:45AM<br><b>OPEN GYM</b>                                   |  |   | 11:00AM-11:45AM<br>Muscles w/Maggie<br><b>NEW STUDIO</b>                 | 9:00AM-10:00AM<br>Total Body Sculpt w/Sue<br><b>NEW STUDIO</b> | 10:00AM-3:45PM<br><b>OPEN GYM</b>  |                                  |  |
|  |  |   | 5:45PM-6:30PM Zumba w/<br>Kristal<br><b>NEW STUDIO</b>                   | 11:00AM-12:00PM<br>Chair Yoga w/Melissa<br><b>GYMNASIUM</b>    |  |                                  |  |
| 11:00AM-11:45PM<br>Fitness w/Friends<br>w/Maggie<br><b>GYMNASIUM</b> | 11:00AM-11:30AM<br>Fitness w/Friends<br>w/Maggie<br><b>GYMNASIUM</b> | 11:00AM-11:45AM<br>Fitness with Friends<br>w/Maggie<br><b>GYMNASIUM</b> |  | 11:00AM-11:45PM<br>Muscles w/Maggie<br><b>TURF</b>             | <p><b>OPEN GYM DETAILS</b></p> <p>No street shoes please. Day lockers are available for storage of street shoes and personal items. Children under age 12 <b>MUST</b> be accompanied by an <b>ADULT</b> at all times.</p> <p>Code of Conduct applies to Members and Guests.</p> <p>Youth under 18 are prohibited in hot tub, sauna, and steam room.</p> <p>Updated 4/20/26</p> <p><b>Building hours:</b><br/> Monday-Thursday 5:00am-9:00pm<br/> Friday 5:00am-7:00pm<br/> Saturday 7:00am-4:00pm<br/> Sunday 9:00am-4:00pm<br/> ...<br/> Hours and availability subject to change</p> |                                  |  |
| 12:00PM-1:00PM<br>Cycling w/Maggie<br><b>SPIN ROOM</b>               |  | 12:00PM-1:00PM<br>Cycling w/Maggie<br><b>SPIN ROOM</b>                  |  | 12:00PM-1:00PM<br>Cycling w/Maggie<br><b>SPIN ROOM</b>         |  |                                  |  |
| 12:00PM-8:30PM<br><b>OPEN GYM</b>                                    | 11:45AM-5:00PM<br><b>OPEN GYM</b>                                    | 12:00PM-2:00PM<br>Pickleball<br><b>GYMNASIUM</b>                        |  | 12:15PM-2:15PM<br>Pickleball<br><b>GYMNASIUM</b>               |  |                                  |  |
| 1:00PM-1:30PM<br>Mindful Movement<br>w/Sarah<br><b>NEW STUDIO</b>    |  |   |  |  |  |                                  |  |
| 5:30PM-6:30PM<br>Cycling w/Ellen<br><b>SPIN ROOM</b>                 | 5:30PM-6:15PM<br>TRX & More w/Tif<br><b>NEW STUDIO</b>               | 5:30PM-6:30PM<br>Pilates w/Ellen<br><b>NEW STUDIO</b>                   |  |  |  |                                  |  |
|  |  | 5:00PM-7:00PM<br>GYMNASTICS<br><b>GYMNASIUM</b>                         |  |  |  |                                  |  |
|  |  | 2:00PM-4:30PM<br><b>OPEN GYM</b>  |  | 10:00AM-8:45PM<br><b>OPEN GYM</b>                              |  |                                  |  |
|  | 7:00PM-8:00PM<br><b>OPEN GYM</b> w/Ray                               | 7:15PM-8:45PM<br><b>OPEN GYM</b>  |  | 2:30PM-6:45PM<br><b>OPEN GYM</b>                               |  |                                  |  |

\* 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](http://www.csaymca.org/group-exercise1.html)