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-8:45AM **OPEN GYM**	5:00AM-6:00AM **OPEN GYM**	7:00AM-7:45AM **OPEN GYM**	9:00AM-3:45AM **OPEN GYM**
6:00AM-6:30AM Express 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 Boost For Your Body w/Arlene **GYMNASIUM**			
8:00AM-10:15AM Pickleball **GYMNASIUM**	7:15AM-8:30AM **OPEN GYM**	8:00AM - 10:30AM Pickleball **GYMNASIUM**	9:00AM-10:00AM Aerobic Dance w/ Sue **GYMNASIUM**	6:15AM-7:15AM Barre-Lates w/Arlene **GYMNASIUM**	8:00AM-9:00AM Cardio Fusion w/Arlene **GYMNASIUM**	
	9:00AM-9:30AM Line Dance w/Kristal **GYMNASIUM**	9:00AM-9:45AM Total Body Sculpt w/Sue **NEW STUDIO**		7:30AM-10:30AM Pickleball **GYMNASIUM**	9:00AM-10:00AM Yoga w/Annette **NEW STUDIO**	
9:30AM-10:30AM Mindful Movement w/Arlene **NEW STUDIO**	9:30AM-10:30AM Aerobic Dance w/Sue **GYMNASIUM**		11:00AM-11:45AM Muscles w/Maggie **NEW STUDIO**	9:00AM-10:00AM Total Body Sculpt w/Sue **NEW STUDIO**	9:15AM-3:45PM **OPEN GYM**	
				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 10/15/26 **Building hours: Fall/Winter** Monday-Thursday 5:00am-9:00pm Friday 5:00am-7:00pm Saturday 7:00am-4:00pm Sunday 9:00am-4:00pm . . . Hours and availability subject to change	
12:00PM-1:00PM Cycling w/Maggie **SPIN ROOM**		12:00PM-1:00PM Cycling w/Maggie **SPIN ROOM**	10:00AM-3:30PM OPEN GYM **GYMNASIUM**	12:00PM-1:00PM Cycling w/Maggie **SPIN ROOM**		
12:00PM-3:00PM **OPEN GYM** **GYMNASIUM**		12:00PM-3:00PM **OPEN GYM** **GYMNASIUM**	5:45PM-6:30PM Zumba w/Kristal **NEW STUDIO**			
12:45PM-1:30PM Mindful Movement w/Sarah **NEW STUDIO**		3:00PM-5:00PM **CHILD CARE** **NEW STUDIO**	3:00PM-4:30PM **CHILD CARE** **NEW STUDIO**	3:00PM-4:00PM CHILD CARE **NEW STUDIO**		
3:00PM-5:30PM **CHILD CARE** **GYMNASIUM**	11:30PM-3:00PM **OPEN GYM**	5:00PM-7:00PM GYMNASTICS **GYMNASIUM**	4:00PM-6:00PM **CHILD CARE** **GYMNASIUM**			
	3:00PM-5:30PM **CHILD CARE** **GYMNASIUM**					
5:30PM-6:30PM Cycling w/Ellen **SPIN ROOM**	5:30PM-6:15PM **TRX & More w/Tiff**	5:30PM-6:30PM Pilates w/ Ellen **NEW STUDIO**	6:00PM-8:45PM **OPEN GYM**	6:00PM-6:45PM **OPEN GYM**		
5:30PM-8:45PM **OPEN GYM**	5:30PM-8:45PM **OPEN GYM** w/Ray	7:00PM-8:45PM **OPEN GYM**				

* Geneva and Clifton Springs YMCA are collaborating to enhance community wellness programs with shared activities and intiatives

* AMRAP: As Many Reps As Possible - Classes are at 10 Crane Street - www.csaymca.org/group-exercise1.html