

GYM & CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-7:00AM YMCA STUDIO Cycling w/Pam	6:15AM-7:15AM Barre-Lates w/Arlene VISITOR CENTER		6:00AM-7:00AM YMCA STUDIO Cycling w/Donna	6:15AM-7:15AM Barre-Lates w/Arlene VISITOR CENTER	7:30AM-8:15AM Cardio Fusion w/Arlene YMCA STUDIO	NO PROGRAMS on Sundays
11:00AM-11:45AM Fitness w/ Friends w/Maggie YMCA	9:00AM-10:00AM Aerobic Dance w/ Sue YMCA STUDIO	9:00AM-10:00AM Total Body Sculpt w/ Sue YMCA STUDIO	9:00AM-10:00AM Areobic Dance w/ Sue YMCA STUDIO	10:00AM-10:30AM Line Dance w/Krystal YMCA Studio	9:00AM-10:00AM Total Body Sculpt w/Sue YMCA STUDIO	Swimming Pool, Weight Room and Treadmills are available
12:00PM-1:00PM YMCA STUDIO Cycling w/Maggie	11:00AM-11:30AM Fitness w/Friends w/Maggie YMCA	11:00AM-11:45AM Fitness w/Friends w/Maggie YMCA		11:15AM-12:00PM Muscles With Maggie YMCA STUDIO	8:30AM-9:30AM STUDIO Yoga w/Annette	Open Gym and Pickleball is not currently available.
5:30PM-6:30PM YMCA STUDIO Cycling w/Ellen	5:30PM-6:15PM TRX & More w/Tif West Street School Mini Gym	5:30PM-6:30PM Pilates w/Ellen STUDIO	6:00PM-6:45PM Zumba w/ Krystal STUDIO	11:00AM-12:00PM Chair Yoga w/Melissa *78 Castle St*	<p>Alternative Pickleball Resources include free outdoor courts behind Geneva High School, at Sonnenberg Park in Canandaigua and in Clifton Springs Village Park.</p> <p>This schedule is subject to change without notice. Visit GenevaFamilyYMCA.org or call 315-789-1616 for the latest information on locations, times and availability.</p> <p>Updates 1/27. Effective 1/28/2026</p>	