

## GYM & CLASS SCHEDULE

| MONDAY                                            | TUESDAY                                                                   | WEDNESDAY                                                   | THURSDAY                                                           | FRIDAY                                                     | SATURDAY                                                  | SUNDAY                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:00AM-7:00AM<br>YMCA STUDIO<br>Cycling w/Pam     | 6:15AM-7:15AM<br>Barre-Lates<br>w/Arlene<br>VISITOR CENTER                | 9:00AM-9:45AM<br>Total Body Sculpt w/<br>Sue<br>YMCA STUDIO | 6:00AM-7:00AM<br>YMCA STUDIO<br>Cycling w/Donna                    | 6:15AM-7:15AM<br>Barre-Lates<br>w/Arlene<br>VISITOR CENTER | 7:30AM-8:15AM<br>Cardio Fusion<br>w/Arlene<br>YMCA STUDIO | NO<br>PROGRAMS<br>on Sundays<br><br>Swimming Pool<br>Weight Room<br>and Treadmills<br>are available<br><br>Open Gym and<br>Pickleball is not<br>currently<br>available. |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                                   | 9:00AM-10:00AM<br>Salsa w/ Sue<br>YMCA STUDIO                             |                                                             | 9:00AM-10:00AM<br>Salsa w/ Sue<br>YMCA STUDIO                      |                                                            |                                                           |                                                                                                                                                                         | 10:00AM-10:30AM<br>Line Dance<br>w/Krystal<br>YMCA Studio                                                                                                                                                                                                                                                                                                                                                                                             |
|                                                   | 11:00AM-11:45AM<br>Silver Sneakers<br>w/Maggie<br>AMERICAN<br>LEGION      |                                                             | 11:00AM-11:30AM<br>Balance w/Maggie<br>AMERICAN<br>LEGION          | 6:00PM-6:45PM<br>Zumba w/ Krystal<br>STUDIO                | 11:00AM-12:00PM<br>Chair Yoga w/Melissa<br>*78 Castle St* |                                                                                                                                                                         | Alternative Pickleball Resources<br>include free outdoor courts behind<br>Geneva High School, at Sonnenberg<br>Park in Canandaigua and in Clifton<br>Springs Village Park.<br><br>This schedule is subject to change<br>without notice. Visit<br><a href="http://GenevaFamilyYMCA.org">GenevaFamilyYMCA.org</a> or call<br>315-789-1616 for the latest information<br>on locations, times and availability.<br><br>Updates 10/7. Effective 10/17/2025 |
| 12:00PM-1:00PM<br>YMCA STUDIO<br>Cycling w/Maggie | 12:00PM-1:00PM<br>YMCA STUDIO<br>Cycling w/Maggie                         | 12PM-1PM<br>YMCA STUDIO<br>Cycling w/ Maggie                |                                                                    |                                                            |                                                           |                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 5:30PM-6:30PM<br>YMCA STUDIO<br>Cycling w/Ellen   | 5:30PM-6:15PM<br>TRX & More<br>w/Tif<br>West Street<br>School<br>Mini Gym |                                                             | 5:30PM-6:30PM<br>Pilates w/Ellen<br>West Street School<br>Mini Gym |                                                            |                                                           |                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

