

## 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-10:00AM 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>
	9:00AM-10:00AM Aerobic Dance w/ Sue <b>YMCA STUDIO</b>		9:00AM-10:00AM Areobic Dance w/ Sue <b>YMCA STUDIO</b>			
11:00AM-11:45AM Fitness w/ Friends w/Maggie <b>AMERICAN LEGION</b>	11:00AM-11:30AM Fitness w/Friends w/Maggie <b>AMERICAN LEGION</b>	11:00AM-11:45AM Fitness w/Friends w/Maggie <b>AMERICAN LEGION</b>	10:00AM-10:30AM Line Dance w/Krystal <b>YMCA Studio</b>	9:00AM-10:00AM Total Body Sculpt w/Sue <b>YMCA STUDIO</b>	8:30AM-9:30AM <b>STUDIO</b> Yoga w/Annette	<b>Swimming Pool, Weight Room and Treadmills are available</b>
			11:15AM-12:00PM Muscles With Maggie <b>YMCA STUDIO</b>	9:00AM-10:00AM Total Body Sculpt w/Sue <b>YMCA STUDIO</b>		
12:00PM-1:00PM <b>YMCA STUDIO</b> Cycling w/Maggie	5:30PM-6:15PM TRX & More w/Tif <b>West Street School Mini Gym</b>	12:00PM-1:00PM <b>YMCA STUDIO</b> Cycling w/Maggie	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 12/30. Effective 1/1/2026	<b>Open Gym and Pickleball is not currently available.</b>
5:30PM-6:30PM <b>YMCA STUDIO</b> Cycling w/Ellen		5:30PM-6:30PM Pilates w/Ellen <b>STUDIO</b>		12PM-1PM <b>YMCA STUDIO</b> Cycling w/ Maggie		