

GYM & CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-7:00AM Cycling w/Pam SPIN ROOM	6:15AM-7:15AM Barre-Lates w/Arlene SPIN ROOM	9:00AM-10:00AM Total Body Sculpt w/ Sue NEW STUDIO	6:00AM-7:00AM Cycling w/Donna SPIN ROOM	6:15AM-7:15AM Barre-Lates w/Arlene SPIN ROOM	7:30AM-8:15AM Cardio Fusion w/Arlene NEW STUDIO	NO PROGRAMS on Sundays
	9:00AM-10:00AM Aerobic Dance w/ Sue NEW STUDIO		9:00AM-10:00AM Areobic Dance w/ Sue NEW STUDIO			
11:00AM-11:45AM Fitness w/ Friends w/Maggie NEW STUDIO	11:00AM-11:30AM Fitness w/Friends w/Maggie NEW STUDIO	11:00AM-11:45AM Fitness w/Friends w/Maggie NEW STUDIO	10:00AM-10:30AM Line Dance w/Krystal NEW STUDIO	9:00AM-10:00AM Total Body Sculpt w/Sue NEW STUDIO	8:30AM-9:30AM Yoga w/Annette NEW STUDIO	Swimming Pool, Weight Room and Treadmills are available
12:00PM-1:00PM Cycling w/Maggie SPIN ROOM			11:15AM-12:00PM Muscles With Maggie SPIN ROOM	11:00AM-12:00PM Chair Yoga w/Melissa NEW STUDIO		
5:30PM-6:30PM Cycling w/Ellen SPIN ROOM	5:30PM-6:15PM TRX & More w/Tif West Street School Mini Gym	5:30PM-6:30PM Pilates w/Ellen NEW STUDIO	5:45PM-6:30PM Zumba w/ Krystal NEW STUDIO	12PM-1PM Cycling w/ Maggie SPIN ROOM	<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 2/24. Effective 2/24/2026</p>	Open Gym and Pickleball is not currently available.