

GYM & CLASS SCHEDULE as of Monday, July 7						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-7AM YMCA STUDIO Cycling w/Pam	6:15AM-7:15AM Barre-Lates w/Arlene Winn Seeley Gym		6:00AM-7:00AM YMCA STUDIO Cycling w/Donna		8:00AM-9:00AM Cardio Fusion w/Arlene Winn Seeley Gym	NO PROGRAMS on Sundays Swimming Pool, Weight Room and Treadmills are available Open Gym and Pickleball is not currently available.
	9:00AM-10:00AM Salsa w/ Sue Winn Seeley Gym		9:00AM-10:00AM Salsa w/ Sue Winn Seeley Gym	6:15AM-7:15AM Barre-Lates w/Arlene Winn Seeley Gym		
		9:00AM-9:45AM Total Body Sculpt w/ Sue YMCA STUDIO	10:00AM-10:30AM Line Dance w/Kristal Winn Seeley Gym	9:00AM-9:45AM Total Body Sculpt w/Sue NEW TIME YMCA STUDIO	8:30AM-9:30AM STUDIO Yoga w/Annette	
11:00AM-12PM Silver Sneakers w/Maggie Winn Seeley Gym	11:00AM-11:30AM Balance w/Maggie Winn Seeley Gym	11:00AM-12:00PM Silver Sneakers w/Maggie Winn Seeley Gym	6:00PM-6:45PM Zumba w/ Kristal Winn Seeley Gym	11:00AM-12:00PM Chair Yoga w/Melissa Winn Seeley Gym	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 GenevaFamilyYMCA.org or call 315-789-1616 for the latest information on locations, times and availability. Updates 6/30. Effective 7/7/2025	
12:15PM-1:15PM YMCA STUDIO Cycling w/Maggie		12:15PM-1:15PM YMCA STUDIO Cycling w/Maggie				
5:30PM-6:30PM YMCA STUDIO Cycling w/Ellen	6:00pm-6:45pm TRX & More w/Tif Winn Seeley Gym	5:30PM-6:30PM STUDIO Pilates w/Ellen	6:30PM-7:30PM YMCA STUDIO Boxing w/Ray			