

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 Swimming Pool, Weight Room and Treadmills are available Open Gym and Pickleball is not currently available.	
	9:00AM-10:00AM Aerobic Dance w/ Sue NEW STUDIO		9:00AM-10:00AM Aerobic Dance w/ Sue NEW STUDIO				9:00AM-10:00AM Total Body Sculpt 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	11:15AM-12:00PM Muscles With Maggie SPIN ROOM	11:00AM-12:00PM Chair Yoga w/Melissa NEW STUDIO		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 3/16. Effective 3/16/2026
12:00PM-12:45PM Cycling w/Maggie SPIN ROOM			12:00PM-1:00PM Cycling w/Maggie SPIN ROOM	5:45PM-6:30PM Zumba w/ Krystal NEW STUDIO			
1:00PM-1:30PM Mindful Movement w/Sarah NEW STUDIO		5:30PM-6:30PM Cycling w/Ellen SPIN ROOM	5:30PM-6:30PM Pilates w/Ellen NEW STUDIO	12PM-1PM Cycling w/ Maggie SPIN ROOM			
5:30PM-6:30PM Cycling w/Ellen SPIN ROOM	5:30PM-6:15PM TRX & More w/Tif West Street School Mini Gym						