

## GYM & CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM-8:00AM <b>OPEN GYM</b>	5:00AM-6:00AM <b>OPEN GYM</b>		5:00AM-7:45AM <b>OPEN GYM</b>			
6:00AM-7AM Cycling w/Pam <b>SPIN ROOM</b>	6:15AM-7:15AM Barre-Lates w/Arlene <b>GYMNASIUM</b>	5:00AM-8:00AM <b>OPEN GYM</b>	6:00AM-7:00AM Cycling w/Donna <b>SPIN ROOM</b>	5:00AM-7:00AM <b>OPEN GYM</b>	7:00AM-7:45AM <b>OPEN GYM</b>	
8:00AM-10:15AM Pickleball <b>GYMNASIUM</b>	7:15AM-8:30AM <b>OPEN GYM</b>	8:00AM - 10:30AM Pickleball <b>GYMNASIUM</b>	8:00AM-8:45AM Summer Boost w/Arlene (May/June) <b>GYMNASIUM</b>	6:15AM-7:15AM Barre-Lates w/Arlene <b>GYMNASIUM</b>	8:00AM-9:00AM Cardio Fusion w/Arlene <b>GYMNASIUM</b>	9:00AM-11:45AM <b>OPEN GYM</b>
	9:00AM-10AM Aerobic Dance w/Sue <b>GYMNASIUM</b>	9:00AM-9:45AM Total Body Sculpt w/Sue <b>NEW STUDIO</b>	10:00AM-10:30AM Line Dance w/Kristal <b>NEW STUDIO</b>	7:30AM-10:30AM Pickleball <b>GYMNASIUM</b>	8:30AM-9:30AM Yoga w/Annette <b>NEW STUDIO</b>	
10:15AM-10:45AM <b>OPEN GYM</b>			11:00AM-11:45AM Muscles w/Maggie <b>NEW STUDIO</b>	9:00AM-10:00AM Total Body Sculpt w/Sue <b>NEW STUDIO</b>	9:00AM-1:45PM <b>OPEN GYM</b>	
11:00AM-11:45PM Fitness w/Friends w/Maggie <b>GYMNASIUM</b>	11:00AM-11:30AM Fitness w/Friends w/Maggie <b>GYMNASIUM</b>	11:00AM-11:45AM Fitness with Friends w/Maggie <b>GYMNASIUM</b>	2:30PM-4:00PM CHILD CARE <b>NEW STUDIO</b>	11:00AM-12:00PM Chair Yoga w/Melissa <b>GYMNASIUM</b>		<p style="text-align: center;"><b>OPEN GYM DETAILS</b></p> <p>No street shoes please. Day lockers are available for storage of street shoes and personal items. Children under age 12 <b>MUST</b> be accompanied by an <b>ADULT</b> at all times.</p> <p>Code of Conduct applies to Members and Guests.</p> <p>Youth under 18 are prohibited in hot tub, sauna, and steam room.</p> <p style="text-align: right;">Updated 6/10/26</p> <p><b>Building hours: SUMMER</b>  Monday-Thursday 5:00am-8:00pm  Friday 5:00am-7:00pm  Saturday 7:00am-2:00pm  Sunday 9:00am-12:00pm  ...  Hours and availability subject to change</p>
12:00PM-1:00PM Cycling w/Maggie <b>SPIN ROOM</b>	11:45AM-4:00PM <b>OPEN GYM</b>	12:00PM-1:00PM Cycling w/Maggie <b>SPIN ROOM</b>	4:00PM-6:00PM CHILD CARE <b>GYMNASIUM</b>	12:00PM-1:00PM Cycling w/Maggie <b>SPIN ROOM</b>		
12:00PM-4:00PM <b>OPEN GYM</b>	2:30PM-4:00PM CHILD CARE <b>NEW STUDIO</b>	12:00PM-2:00PM Pickleball <b>GYMNASIUM</b>	5:45PM-6:30PM Zumba w/Kristal <b>NEW STUDIO</b>	12:15PM-2:30PM Pickleball <b>GYMNASIUM</b>		
1:00PM-1:30PM Mindful Movement w/Sarah <b>NEW STUDIO</b>		2:30PM-4:00PM CHILD CARE <b>NEW STUDIO</b>		2:30PM-4:00PM CHILD CARE <b>NEW STUDIO</b>		
2:30PM-4:00PM CHILD CARE <b>NEW STUDIO</b>	4:00PM-6:00PM CHILD CARE <b>GYMNASIUM</b>	5:00PM-7:00PM GYMNASTICS <b>GYMNASIUM</b> (June/July)		5:00PM-6:00PM CHILD CARE <b>NEW STUDIO</b>		
4:00PM-6:00PM CHILD CARE <b>GYMNASIUM</b>		5:00PM-6:00PM CHILD CARE <b>NEW STUDIO</b>				
5:30PM-6:30PM Cycling w/Ellen <b>SPIN ROOM</b>		5:30PM-6:30PM Pilates w/ Ellen <b>NEW STUDIO/CHILDWATCH</b>		6:00PM-7:45PM <b>OPEN GYM</b>	2:30PM-6:45PM <b>OPEN GYM</b>	
6:00PM-7:45PM <b>OPEN GYM</b>	6:00PM-7:45PM <b>OPEN GYM</b> w/Ray	7:00PM-7:45PM <b>OPEN GYM</b>				

\* Geneva and Clifton Springs YMCA are collaborating to enhance community wellness programs with shared activities and initiatives

\* AMRAP: As Many Reps As Possible - Classes are at 10 Crane Street - [www.csaymca.org/group-exercise1.html](http://www.csaymca.org/group-exercise1.html)