

GYM & CLASS SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-7:00AM YMCA STUDIO Cycling w/Pam	6:15AM-7:15AM Barre-Lates w/Arlene VISITOR CENTER	9:00AM-9:45AM Total Body Sculpt w/ Sue YMCA STUDIO	6:00AM-7:00AM YMCA STUDIO Cycling w/Donna	6:15AM-7:15AM Barre-Lates w/Arlene VISITOR CENTER	7:30AM-8:15AM Cardio Fusion w/Arlene YMCA 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 Salsa w/ Sue YMCA STUDIO		9:00AM-10:00AM Salsa w/ Sue YMCA STUDIO			
11:00AM-12PM Silver Sneakers w/Maggie AMERICAN LEGION	11:00AM-11:30AM Balance w/Maggie AMERICAN LEGION	11:00AM-12:00PM Silver Sneakers w/Maggie AMERICAN LEGION	6:00PM-6:45PM Zumba w/ Krystal STUDIO	11:00AM-12:00PM Chair Yoga w/Melissa *78 Castle St*	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 10/6. Effective 10/6/2025	
12:15PM-1:15PM YMCA STUDIO Cycling w/Maggie		12:15PM-1:15PM YMCA STUDIO Cycling w/Maggie		12PM-1PM YMCA STUDIO Cycling w/ Maggie		
5:30PM-6:30PM YMCA STUDIO Cycling w/Ellen	5:30PM-6:15PM TRX & More w/Tif West Street School Mini Gym	5:30PM-6:30PM Belhurst Pilates w/Ellen (Weather Permitting)				

