

WINTER GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am Pilates w/Angie	5:00 – 6:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
10 am – 3:45 pm OPEN GYM	6:00 – 7:00 am Rise & Shine w/ Arlene			6:00 – 7:00 am Rise & Shine w/ Megan	6:00 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM	7:00 – 9:30 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	
	8:30 – 9:30 am TBS w/Sue					8 – 9:15 am Cardio Fusion w/ Arlene
	9:30 – 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	9:30 – 10:00 am Kettlebell w/Lynsey	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers	9:30am – 12:30 pm Youth Sports
	10:30 – 11:00 am Preschool	10:30 – 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	11:00 – Noon Silver Sneakers	10:30 – 11:00 am Preschool Gymnastics	12:30 pm- 4:00 pm Open Gym
	11:00 – Noon OPEN GYM	11:00 – Noon Silver Sneakers			11:00am – Noon Bean Bags, Hoop & Parachutes	
	12:00 – 2:00 pm Member Basketball	12:00 – 2:00 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	12:00 – 2:00 pm OPEN GYM	12:00 – 2:00 pm Member Basketball	
	2:00 – 5:30 pm After School Care	2:00 – 5:30 pm After School Care	2:00 – 5:30 pm After School Care	2:00 – 5:30 pm After School Care	2:00 – 5:30 pm After School Care	
	5:30 – 6:00 pm Kettlebell w/Lynsey					
4:00 pm Indoor Lacrosse	6:10 – 6:40 pm Kettlebell w/Lynsey	5:30 – 6:30 pm Tuesday Twist w/ Tif	5:30 – 6:30 pm Xcelerate w/ Tif	5:30 – 8:00 pm Gymnastics	5:30 – 9:15 pm OPEN GYM	4:00pm – 6:00 pm Challenger BBall 1/9–2/13/2015
	6:45 – 7:45 pm Power Pump w/ Ellen	6:30 – 8:00 pm Gymnastics	6:45 – 7:45 pm POUND! & PUMP! w/ Ellen & Jess			
	8:00 – 9:15 pm MEMBERS ONLY OPEN GYM	8:15 – 9:15 pm MEMBERS ONLY OPEN GYM	8:00 – 9:15 pm MEMBERS ONLY OPEN GYM	8:15 – 9:15 pm MEMBERS ONLY OPEN GYM		

Please Note: The Geneva YMCA reserves the right to alter this schedule at any time.

GROUP EXERCISE SCHEDULE

Monday

6:00 am – 7:00 am - Rise & Shine w/ Arlene
 6:15 am – 7:00 am - Barre w/Michele (in studio)
 8:30 am – 9:30 am - Yoga w/ Carol (in studio)
 8:30 am – 9:15 am - TBS w/Sue
 5:30 pm – 6:00 pm - Kettlebell w/ Lynsey
 6:10 pm – 6:40 pm - Kettlebell w/Lynsey
 6:45 pm – 7:45 pm - Power Pump w/ Ellen

Tuesday

9:30 am – 10:30 am - Zumba Gold w/ Sue
 5:15 pm – 6:15 pm - Pilates w/Angie (in studio)
 5:30 pm – 6:30 pm - Twisted Tues. w/ Tiffany

Wednesday

6:15 am – 7:00 am - Barre w/ Michele (in studio)
 8:30 am – 9:30 am - Yoga w/ Carol (in studio)
 9:30 am – 10:00 am - Kettlebell w/ Lynsey
 4:00 pm – 5:00 pm - Barre w/ Megan (in studio)
 5:30 pm – 6:30 pm - X-Celerate w/Tiffany
 6:30 pm – 7:30 pm - Yoga w/ Susan (in studio)
 6:45 pm – 7:45 pm - POUND! & PUMP! w/ Ellen & Jess

GROUP EXERCISE SCHEDULE

Thursday

6:00 am – 7:00 am - Rise & Shine w/ Megan
 9:30 am – 10:30 am - Zumba w/ Sue
 6:15 pm – 7:00 pm - Pilates w/ Ellen (in studio)

Friday

6:00 am – 7:00 am - Rise & Shine w/ Arlene
 9:00 am – 10:00 am - Yogalates w/ Angie (in studio)

Saturday

8:00 am – 9:15 am - Cardio Fusion w/ Arlene
 9:15 am – 10:00 am - Barre w/ Michele or Megan
 *(in studio)
 10:15 am – 11:15 am - Yoga w/ Rotates(in studio)

Sunday

*9:15 am – 10:15 am - Advanced Pilates w/ Angie
 *(in Gym)

