

WINTER GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am – 4:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:15 – 7:00 am Rise & Shine w/ Arlene				6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 8:15 am OPEN GYM	
	8:30 – 9:15 am TBS w/Sue				8:30-9:15 am Kettlebell w/Tina	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 – 10:15 am TBS w/ Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30 am—12 noon Bitty Basketball Jan 12—Feb 16
	10:30 – 11:00 am Preschool Gymnastics	10:30 – 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	10:30 – 11:00 am OPEN GYM	10:30 – 11:00 am Preschool Gym Time	12 noon – 4:45 pm OPEN GYM
	11:00 – Noon OPEN GYM	11:00 – 11:45 am Silver Sneakers	11:30-12:00 OPEN GYM	11:00 – 11:45 am Silver Sneakers	11-Noon OPEN GYM	
	12:00 – 2:30 pm Member Basketball	12:00 – 1:30 pm OPEN GYM 1:30-2:15 Home School Gym	12:00 – 2:30 pm Member Basketball	12:00 – 2:30 pm OPEN GYM	12:00 – 12:30 pm Member Basketball	
	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	
	5:30 – 6:15pm Kettlebell w/Tina	5:30 – 6:45 pm Gymnastics	5:30 – 6:30pm Xcelerate / X-FIT HITT w/ Tif	5:30 – 7:45 pm Gymnastics	5:30 – 9:15 pm OPEN GYM	
	6:30 – 7:30 pm Zumba w/ Melissa		6:45 – 7:30 pm Zumba w/ Melissa			
	7:45 – 9:15 pm OPEN GYM	6:45 – 9:15 pm OPEN GYM	7:45 – 9:15 pm OPEN GYM	7:45 – 9:15 pm OPEN GYM		

GROUP EXERCISE SCHEDULE

Monday

5:30 am - 6:00 am TRX Tabata w/ Jessica (in studio)
 6:15 am - 7:00 am - Rise & Shine w/ Arlene
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 8:30 am - 9:15 am - TBS w/Sue
 5:30 pm - 6:15 pm - Kettlebell w / Tina
 5:30 pm - 6:30 pm - Cycling w/ Donna (in studio)
 6:30 pm - 7:30 pm - Zumba w/ Melissa
 6:45 pm - 7:45 pm - Yoga w/ Karen (in studio)

Tuesday

5:45 am - 6:45 am Cycling w/ Sarah (in studio)
 9:30 am - 10:30 am - Zumba Gold w/ Sue
 12:00 pm - 1:00 pm - Yoga w/ Karen (in studio)
 5:30 pm - 6:30 pm TRX w/ Tif (in studio)
 6:45 pm - 7:45 pm Barre w/ Karen (in studio)

Wednesday

6:00 am - 6:45 am - Barre w/ Sarah (in studio)
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 9:30 am - 10:15 am - TBS w/ Sue
 12:00 pm - 1:00 pm Yoga w/ Nancy (in studio)
 5:30 pm - 6:30 pm - X-Celerate / X-FIT HIIT w/Tif
 5:30 pm - 6:30 pm - Cycling w/ Donna (in studio)
 6:45 pm - 7:30 pm - Zumba w/ Melissa
 6:45 pm - 7:45 pm - Candlelight Yoga w/ Karen (in studio)

GROUP EXERCISE SCHEDULE

Thursday

5:45 am - 6:45 am Cycling w/ Jessica (in studio)
 9:30 am - 10:30 am - Zumba Tone w/ Sue
 10:30 am - 11:30 am - *Tai Chi w/ Frank (in studio)
 5:30 pm - 6:30 pm TRX w/ Tif (in studio)
 6:45 pm - 7:45 pm - Barre w/ Arlene (in studio)

Friday

5:30 am - 6:00 am TRX Tabata w/ Jessica (in studio)
 6:15 am - 7:00 am - Rise & Shine w/ Arlene
 6:15 am - 7:15 am - Cycling w/ Jen
 8:30 am - 9:15 am - Kettlebell w/ Tina
 9:00 am - 10:00 am - Yogalates w/ Angie (in studio)
 5:15 pm - 6:00 pm - Yoga w/ Karen (in studio)

Saturday

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

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