

FALL GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am - 3:45 pm OPEN GYM	5:00 - 6:00 am OPEN GYM	5:00 - 7:00 am OPEN GYM	5:00 - 5:30 am OPEN GYM	5:00 - 7:00 am OPEN GYM	5:00 - 6:00 am OPEN GYM	7 am - 8 am OPEN GYM
	6:00 - 7:00 am Rise & Shine w/ Arlene		5:30 - 6:15 am H.I.I.T & Ropes w/Jessica		6:00 - 7:00 am Rise & Shine w/ Arlene	
	7:00 - 8:30 am OPEN GYM	7:00 - 9:15 am OPEN GYM	6:30 - 9:15 am OPEN GYM	7:00 - 9:15 am OPEN GYM	7:00 - 9:15 am OPEN GYM	
	8:30 - 9:15 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 - 10:30 am TBS w/ Sue	9:30 - 10:30 am Zumba Tone w/ Sue	9:30 - 10:15 am Silver Sneakers Yoga	9:30am - 4:45 pm OPEN GYM
	10:30 - 11:00 am Preschool	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 Gymnastics	
	11:00 - Noon OPEN GYM	11:00 - Noon Silver Sneakers		11:00 - Noon Silver Sneakers		
	12:00 - 2:15 pm Member Basketball	12:00 - 2:15 pm OPEN GYM	12:00 - 2:15 pm Member Basketball	12:00 - 2:15 pm OPEN GYM	12:00 - 2:15 pm Member Basketball	
	2:15 - 5:30 pm After School Care	2:15 - 5:30 pm After School Care	2:15 - 5:30 pm After School Care	2:15 - 5:30 pm After School Care	2:15 - 5:30 pm After School Care	
	5:30 - 6:15 pm Kettlebell & Kore w/ Tiff	5:30 - 6:45 pm Gymnastics	5:30 - 6:30 pm Xcelerate w/ Tiff	5:30 - 8:00 pm Gymnastics	5:30 - 9:15 pm OPEN GYM	
	6:45 - 7:45 pm POUND! w/ Jessica	6:45 - 7:45 pm HIIT w/ Arlene	6:45 - 7:45 pm Barre-Less w/Arlene			
	8:00 - 9:15 pm MEMBERS ONLY OPEN GYM	8:00 - 9:15 pm MEMBERS ONLY OPEN GYM	8:00 - 9:15 pm MEMBERS ONLY OPEN GYM	8:00 - 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
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 8:30 am - 9:15 am - TBS w/Sue
 5:30 pm - 6:30 pm - Kettlebell & Kore w/ Tiff
 6:45 pm - 7:45 pm - POUND w/Jess or Lauren
 6:45 pm - 7:45 pm - Yoga w/Karen (in studio)

Tuesday

9:30 am - 10:30 am - Zumba Gold w/ Sue
 6:45 pm - 7:45 pm H.I.I.T. w/ Arlene
 6:45 pm - 7:45 pm Pilates w/ Emily

Wednesday

5:30 am - 6:15 pm - H.I.I.T. & Ropes w/ Jessica
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 9:30 am - 10:00 am - TBS w/ Sue
 5:30 pm - 6:30 pm - X-Celerate w/Tiffany
 6:30 pm - 7:30 pm - Candlelight Yoga w/Karen (in studio)
 6:45 pm - 7:45 pm - Barre-Less w/Arlene

GROUP EXERCISE SCHEDULE

Thursday

5:45 am - 6:45 am - Barre w/ Sarah
 9:30 am - 10:30 am - Zumba Tone w/ Sue
 6:15 pm - 7:00 pm - Pilates w/ Angie (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 - 10:15 am - Barre w/ Michele or Emily
 10:15 am - 11:15 am - Yoga w/ Rotates (in studio)

Sunday

4:00 pm - 4:45 pm - Little Buddha's Kids Yoga

