

# WINTER GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am L.T.S. w/ Angie or Tiff	5:00 – 6:00 am OPEN GYM	5:00 - 7:00 am OPEN GYM	5:00 - 9 :15 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
10 am – 4:45 pm OPEN GYM	6:00 – 7:00 am Rise & Shine w/ Arlene				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	
	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 - 10:00 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			11:00—Noon Open Gym	
	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	4:00pm - 6:00 pm Challenger BBall 1/14—2/18/2016
	5:30 - 6:30 pm Kettlebell & Kore w/ Tiffany	5:45 - 6:45 pm Gymnastics	5:30 - 6:30 pm Xcelerate w/ Tiff	5:30 - 7:45 pm Gymnastics	5:30 - 9:15 pm OPEN GYM	
	6:45 – 7:45 pm Power Pump w/ Ellen	6:45 - 7:45 pm HIIT w/Arlene	6:45 – 7:45 pm Total Body Power w/ Ellen			
	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 - 6:15 pm - Kettlebell & Kore w/ Tiff  
 6:45 pm - 7:45 pm - Power Pump w/ Ellen  
 6:45 pm - 7:45 pm - Yoga w/Karen (starts Feb. 6th)

### Tuesday

9:30 am - 10:30 am - Zumba Gold w/ Sue  
 5:30 pm - 6:15 pm - TRX w/ Tiff (in studio)  
 6:30 pm - 7:15 pm - Yoga for Strength w/Angie (in studio)  
 6:45 pm - 7:45 pm - HIIT w/ Arlene

### Wednesday

6:15 am - 7:00 am - Barre w/ Megan (in studio)  
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)  
 9:30 am - 10:00 am - Kettlebell w/ Lynsey  
 4:15 pm - 5:15 pm - Barre w/ Megan (in studio)  
 5:30 pm - 6:30 pm - X-Celerate w/Tiffany  
 6:45 pm - 7:45 pm - Yoga w/ Susan (in studio)  
 6:45 pm - 7:45 pm - Total Body Power w/ Ellen

## GROUP EXERCISE SCHEDULE

### Thursday

9:30 am - 10:30 am - Zumba w/ Sue  
 5:30 pm - 6:15 pm - TRX w/ Tiff (in studio)  
 6:30 pm - 7:30 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 - L.T.S. (Lengthened, Toned & Strong!)  
 w/ Angie or Tiff  
 \*(in Gym)

