

WINTER 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 – 9:15 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		5:30 - 6:15 am H.I.I.T. & Ropes w/Jessica		6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM	7:00 – 9:30 am OPEN GYM	6:30 - 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 - 10:15 am TBS w/Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	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 – 11:45 am Silver Sneakers	10:30 – 11:00 am Preschool Gymnastics	12:30 pm- 4:00 pm Open Gym
	11:00 - Noon OPEN GYM	11:00 - 11:45 am 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	
	5:30 - 6:15 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	
	6:30 – 7:30 pm H.I.I.T w/ Jessica	7:00 - 9:15 pm Old Men's B-Ball	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		

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

GROUP EXERCISE SCHEDULE

Monday

5:30 am - 6:00 am - TRX w/Jess (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 & Kore w/ Tiff
 5:30 pm - 6:30 pm - Cycling w/Donna (in studio)
 6:30 pm - 7:30 pm - H.I.I.T. w/ Jessica
 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
 5:30 pm - 6:30 pm - TRX w/ Tiff (in studio)
 6:30 pm - 7:15 pm - Pilates w/Emily (in studio)

Wednesday

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

GROUP EXERCISE SCHEDULE

Thursday

5:45 am - 6:30 am - Barre w/ Sarah
 9:30 am - 10:30 am - Zumba Tone w/ Sue
 5:30 pm - 6:30 pm - TRX w/ Tiff (in studio)
 6:30 pm - 7:15 pm - Pilates w/ Emily (in studio)

Friday

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

Saturday

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

Sunday

9:30 - 10:30 am - Cycling w/Kaylyn (in studio)
 4:00 pm - 4:30 pm - Little Buddha's Yoga w/ Taylor
 (in studio)

