

FALL GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am Pilates w/Angie	5:00 – 6:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 6:00 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 – 2:45 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 – 8:30 am OPEN GYM	7:00 – 9:30 am OPEN GYM	7:00 – 10:30 am OPEN GYM	7:00 – 8:15 am OPEN GYM	7:00 – 8:00 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 Kettlebell w/Lynsey	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers	9:30am – 4:45 pm OPEN GYM
				10:00 -10:30 am 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 Preschool Gymnastics	
	11:00 - Noon OPEN GYM	11:00 - Noon Silver Sneakers		11:00 – Noon Silver Sneakers		
	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	
3:00 pm Indoor Lacrosse *begins January	5:30 – 6:15 pm Kettlebell & Kore w/ Tiff	5:30 – 6:30 pm HIIT Interval Class w/ Arlene	5:30 – 6:30 pm Xcelerate w/ Tif	5:30 - 8:00 pm Gymnastics	5:30 - 9:15 pm OPEN GYM	
	6:45 – 7:45 pm Power Pump w/ Ellen	6:30 - 8:00 pm Gymnastics	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 - 6:30 pm - Kettlebell & Kore w/ Tiff
 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
 5:30 pm - 6:30 pm HITT 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/ Lyndsey
 4:00 pm - 5:00 pm - Barre w/Megan
 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 - Total Body Power w/ Ellen

GROUP EXERCISE SCHEDULE

Thursday

6:00 am - 7:00 am - Rise & Shine w/ Megan
 9:30 am - 10:30 am - Zumba Tone 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 - 10:15 am - Barre w/ Michele or Meghan
 10:15 am - 11:15 am - Yoga w/ Rotates(in studio)

Sunday

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

