



GROUP EXERCISE SCHEDULE

Orleans County YMCA
306 Pearl Street
(585) 798-2040

Effective 4/28/19 to 6/29/19

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Dancercise 9 - 9:45am Brandi Fitness Room
Silver Sneakers Classic 10 - 11am Gloria Fitness Room	Silver Sneakers Yoga Stretch 10 - 11am Linda Fitness Room	Silver Sneakers Classic 10 - 11am Pam Fitness Room	Silver Sneakers Yoga Stretch 10 - 11am Linda Fitness Room	Silver Sneakers Classic 10 - 11am Linda Fitness Room	
Cardio & Weights 11 - 11:45am Nancy Fitness Room	ZUMBA Gold 11 - 11:55am Linda Fitness Room	Cardio & Weights 11 - 11:45am Nancy Fitness Room	ZUMBA Gold 11 - 11:55am Linda Fitness Room	Cardio & Weights 11 - 11:45am Linda Fitness Room	
Cycling 4:30 - 5:30pm Audralee Exercise Room 1	Boot Camp 5:30 - 6:30pm Mike Fitness Room		Boot Camp 5:30 - 6:30pm Mike Fitness Room		
HIIT 5:30 - 6:15pm Team Hodgins Exercise Room 2	HIIT 5:30 - 6:15pm Team Hodgins Exercise Room 2	HIIT 5:30 - 6:15pm Team Hodgins Exercise Room 2	Cycling 6:45 - 7:30pm Audralee Exercise Room 1		

Silver Sneakers detailed schedule can be found in the fitness room

INSTRUCTORS ALSO POST SCHEDULES AND CHANGES ON THEIR FACEBOOK PAGES.

***NOT AVAILABLE DURING THESE TIMES?**

CHECK OUT FITNESS ON DEMAND IN EXERCISE ROOM 2. GROUP EX AVAILABLE ANYTIME!

