



Eastside Family YMCA
September 9th - September 15th

1835 Fairport Nine Mile Point Road
Penfield, NY 14526
585-341-4000

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim Only Exercise Pool 5am - 8am	Lap Swim Only Exercise Pool 5am - 8am	Lap Swim Only Exercise Pool 5am - 8am	Lap Swim Only Exercise Pool 5am - 8am	Lap Swim Only Exercise Pool 5am - 8am		
	Group Cycle Cycle Studio Julianna - Gidgett 5:05am - 5:50am	Body Pump™ Studio Maria D. 5:10am - 6:10am	BODY COMBAT™ Studio Kathy F. 5:05am - 6:05am	Body Pump™ Studio Maria D. 5:10am - 6:10am	BODY COMBAT™ Studio Kathy F. 5:05am - 5:55am		
	BODY COMBAT™ Mind/Body Studio Kathy F. 5:10am - 6:10am	Group Cycle Cycle Studio Karin K. 5:30am - 6:30am	Group Cycle Cycle Studio Gidgett I. 5:30am - 6:30am	Group Cycle Cycle Studio Gordon L. 5:30am - 6:30am	Group Cycle Cycle Studio Gary W. 5:30am - 6:30am		
			ACTIVE YOGA Mind/Body Studio Joan N. 5:45am - 6:45am		ACTIVE YOGA Mind/Body Studio Joan N. 5:45am - 6:45am		
6am	BODY CONDITIONING Studio Gidgett I. 6am - 7am	CXWORX™ Studio Maria D. 6:15am - 6:45am	BODYFLOW EXPRESS Studio Maria D. 6:20am - 6:50am	CXWORX™ Studio Maria D. 6:15am - 6:45am	BOOTCAMP TRAINING Studio Gidgett I. 6am - 7am	Lap Swim Only Exercise Pool 6am - 8am	
	BODYFLOW EXPRESS Mind/Body Studio Maria D. 6:20am - 6:50am					Youth and Family Open Gym Family Gym 6am - 12:30pm	
7am						Group Cycle Cycle Studio Gidgett I. 7am - 8am	Lap Swim Only Exercise Pool 7am - 8am
						BODYFLOW Mind/Body Studio Brenda K. 7:15am - 8am	Youth and Family Open Gym Family Gym 7am - 10:50am
						BOOTCAMP TRAINING Studio Stacie M. 7:15am - 8am	Group Cycle Cycle Studio Erin H. 7:15am - 8:15am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Eastside Family YMCA
September 9th - September 15th

1835 Fairport Nine Mile Point Road
Penfield, NY 14526
585-341-4000

	MON	TUE	WED	THU	FRI	SAT	SUN
						AquaFit II Exercise Pool Char C. 7:45am - 8:45am	
8am	Lap Swim * Exercise Pool 8am - 10pm	Lap Swim * Exercise Pool 8am - 10pm	Lap Swim * Exercise Pool 8am - 10pm	Lap Swim * Exercise Pool 8am - 10pm	Lap Swim * Exercise Pool 8am - 10pm	Lap Swim * Exercise Pool 8am - 7pm	Lap Swim * Exercise Pool 8am - 8pm
	AquaFit II Exercise Pool Char C. 8:15am - 9:15am	AquaFit I Exercise Pool Laura L. 8:15am - 9:15am	BODY CONDITIONING Mind/Body Studio Carol M. 8:15am - 9am	AquaFit II Exercise Pool Laura L. 8:15am - 9:15am	BODY CONDITIONING Mind/Body Studio Carol M. 8:15am - 9am	Open Swim* Exercise Pool 8am - 7pm	Open Swim* Exercise Pool 8am - 8pm
	BODY CONDITIONING Family Gym Carol M. 8:15am - 9am	ZUMBA® Studio Christina C. 8:15am - 9am		TRX Body Blast® Studio Carol M. 8:15am - 9am	Deep Water AquaFit Exercise Pool Marcie B. 8:15am - 9:15am	Body Pump™ Studio Maria D. 8:10am - 9:10am	BODY PUMP™ EXPRESS Studio Ivonne R. 8:15am - 8:45am
					GENTLE YOGA Studio Eva K. 8:50am - 9:50am	IM=X PILATES Mind/Body Studio Deb J. 8:45am - 9:45am	CARDIO KICKBOXING Mind/Body Studio Laura C. 8:15am - 9:15am
9am	GENTLE YOGA Studio Therese B. 9am - 10am	IM=X PILATES Mind/Body Studio Claire M. 9am - 10am	ACTIVE YOGA Studio Therese B. 9am - 10am	Open Swim* Exercise Pool 9am - 10pm	Open Swim* Exercise Pool 9am - 10pm	Group Cycle Cycle Studio Meghan W. 9am - 10am	Group Cycle Cycle Studio Gordon - Angie 9am - 10am
	Open Swim* Exercise Pool 9am - 10pm	Group Cycle Cycle Studio Laura B. 9am - 10am	Open Swim* Exercise Pool 9am - 10pm	IM=X PILATES Mind/Body Studio Claire M. 9am - 10am	Group Cycle Cycle Studio Maureen B. 9:15am - 10:15am	CARDIO STEP Studio Frieda H. 9:20am - 10:05am	Body Pump™ Studio Ivonne R. 9am - 10am
	Group Cycle Cycle Studio Christina C. 9:15am - 10:15am	Open Swim* Exercise Pool 9am - 10pm	CIRCUIT TRAINING Mind/Body Studio Carol M. 9:15am - 10am	CARDIO STEP Studio Carol M. 9:15am - 10am	CARDIO DANCE Mind/Body Studio Carol M. 9:15am - 10am		ACTIVE YOGA Mind/Body Studio Eva K. 9:50am - 10:50am
	CARDIO DANCE Mind/Body Studio Carol M. 9:15am - 10am	CARDIO STEP Studio Ron G. 9:15am - 10am	Group Cycle Cycle Studio Christina C. 9:15am - 10:15am	AquaFit II Exercise Pool Ron G. 9:30am - 10:30am	AquaFit II Exercise Pool Tiffani M. 9:30am - 10:30am		
	AquaFit II Exercise Pool Marcie B. 9:30am - 10:30am	AquaFit III Exercise Pool Tiffani M. 9:30am - 10:30am	AquaFit II Exercise Pool Ron G. 9:30am - 10:30am				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Eastside Family YMCA
September 9th - September 15th

1835 Fairport Nine Mile Point Road
Penfield, NY 14526
585-341-4000

	MON	TUE	WED	THU	FRI	SAT	SUN
10am	BODY CONDITIONING Mind/Body Studio Tony D. 10:15am - 11:15am	BODY COMBAT™ Mind/Body Studio Lisa Marie 10:10am - 11:10am	ZUMBA® Mind/Body Studio Lisa B. 10:15am - 11am	Group Cycle Cycle Studio Laura B. 10am - 11am	Body Pump™ Studio Danielle O. 10:10am - 11:10am	ACTIVE YOGA Mind/Body Studio Julie D. 10am - 11am	Group Cycle Cycle Studio John A. 10:15am - 11:15am
	SilverSneakers Yoga Studio Tess M. 10:25am - 11:10am	BODY CONDITIONING Studio Ron G. 10:15am - 11am	Body Pump™ Studio Melissa -Rob 10:15am - 11:10am	CXWORX™ Studio Lisa Marie 10:15am - 11am		CORE EXPRESS Studio Peggy H. 10:15am - 11am	CXWORX™ Studio Rebecca C. 10:15am - 10:45am
				SilverSneakers Yoga Mind/Body Studio Claire M. 10:15am - 11:10am		Group Cycle Cycle Studio Laura B. 10:15am - 11:15am	
11am	SILVER CYCLE Cycle Studio Laura B. 11am - 11:45am	GENTLE YOGA Mind/Body Studio Therese B. 11:20am - 12:20pm	AOA FEELING FIT PLUS Studio Tiffani M. 11:20am - 12:05pm	GENTLE YOGA Mind/Body Studio Claire M. 11:15am - 12:15pm	SILVER CYCLE Cycle Studio Laura B. 11am - 11:45am	BODY COMBAT™ Mind/Body Studio Danielle O. 11:15am - 12:15pm	Body Pump™ Family Gym Gordon L. 11am - 12pm
	AOA FEELING FIT Studio Tess M. 11:20am - 12:20pm	SilverSneakers Circuit Family Gym Karen F. 11:20am - 12:20pm		SilverSneakers Circuit Family Gym Karen F. 11:20am - 12:20pm	BODYFLOW EXPRESS Mind/Body Studio Danielle O. 11:15am - 11:45am	ZUMBA® Studio Nanette P. 11:35am - 12:20pm	ZUMBA® Studio Christina C. 11am - 11:45am
					AOA FEELING FIT Studio Tess M. 11:20am - 12:20pm		YOGA Mind/Body Studio Eva K. 11am - 12pm
12pm	SilverSneakers Classic Studio Tess M. 12:25pm - 1:10pm	ZUMBA GOLD® Studio Karine M. 12:30pm - 1:15pm	FREE STYLE BARRE Mind/Body Studio Jessica J. 12:30pm - 1:15pm	BODY COMBAT™ Mind/Body Studio Danielle O. 12:30pm - 1:30pm	SilverSneakers Classic Studio Tess M. 12:25pm - 1:10pm	TAI CHI Mind/Body Studio Binh T. 12:30pm - 2pm	**Youth and Family Open Gym Family Gym 12:10pm - 6pm
	FREE STYLE BARRE Mind/Body Studio Lisa Marie 12:30pm - 1:15pm			ZUMBA GOLD® Studio Tiffani M. 12:30pm - 1:15pm		**Youth and Family Open Gym Family Gym 12:30pm - 5:30pm	
4pm	BODY COMBAT™ Studio Lisa Marie 4:10pm - 5:10pm	IM=X PILATES Mind/Body Studio Therese B. 4:15pm - 5:15pm	BODY CONDITIONING Studio Ron G. 4pm - 5pm	IM=X PILATES Mind/Body Studio Kathy - Gerry 4:15pm - 5:15pm	BODY COMBAT™ Studio Lisa Marie 4:10pm - 5:10pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Eastside Family YMCA
September 9th - September 15th

1835 Fairport Nine Mile Point Road
Penfield, NY 14526
585-341-4000

	MON	TUE	WED	THU	FRI	SAT	SUN
	IM=X PILATES Mind/Body Studio Kathy F. 4:15pm - 5:15pm		BODY COMBAT™ Mind/Body Studio Lisa Marie 4:10pm - 5:10pm		ACTIVE YOGA Mind/Body Studio Eva K. 4:30pm - 5:30pm		
5pm	CXWORX™ Studio Lisa Marie 5:15pm - 5:45pm	BODY COMBAT™ Studio Danielle O. 5:10pm - 6:10pm	Body Pump™ Family Gym Danielle O. 5:10pm - 6:10pm	GENTLE YOGA Mind/Body Studio Julie D. 5:25pm - 6:25pm	Body Pump™ Studio Robert - Lisa 5:15pm - 6:15pm	Youth and Family Open Gym Family Gym 5:30pm - 7pm	
	GENTLE YOGA Mind/Body Studio Kim S. 5:25pm - 6:25pm	Group Cycle Cycle Studio Juliana H. 5:15pm - 6:15pm	CXWORX™ Studio Lisa Marie 5:15pm - 5:45pm	BODYFLOW Studio Brenda K. 5:30pm - 6:15pm			
		ACTIVE YOGA Mind/Body Studio Eva K. 5:25pm - 6:25pm	ACTIVE YOGA Mind/Body Studio Kim S. 5:25pm - 6:25pm				
6pm	Group Cycle Cycle Studio Kristen R. 6pm - 7pm	Body Pump™ Family Gym Rebecca C. 6:20pm - 7:20pm	Group Cycle Cycle Studio John A. 6pm - 7pm	Group Cycle Cycle Studio Robert D. 6pm - 7pm	Group Cycle Cycle Studio Jayme T. 6pm - 7pm		
	BOOTCAMP TRAINING Studio Meghan W. 6:15pm - 7:15pm	GENTLE YOGA Mind/Body Studio Eva K. 6:35pm - 7:35pm	CARDIO KICKBOXING Studio Danielle O. 6:20pm - 7:20pm	Body Pump™ Family Gym Rebecca C. 6:20pm - 7:20pm			
	AquaFit III Exercise Pool Ron G. 6:30pm - 7:30pm		AquaFit II Exercise Pool Michelle C. 6:30pm - 7:30pm				
	ACTIVE YOGA Mind/Body Studio Kim S. 6:35pm - 7:35pm		ACTIVE YOGA Mind/Body Studio Alisa D. 6:35pm - 7:35pm				
7pm	Group Cycle Cycle Studio Gordon L. 7:15pm - 8:15pm	Group Cycle Cycle Studio Jayme T. 7pm - 8pm	ZUMBA® Studio Kendra D. 7:30pm - 8:15pm	TRX Circuit® Studio Peggy H. 7:30pm - 8:30pm	ZUMBA® Studio Leonte P. 7:30pm - 8:15pm		Youth and Family Open Gym Family Gym 7pm - 8pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Eastside Family YMCA
September 9th - September 15th

1835 Fairport Nine Mile Point Road
Penfield, NY 14526
585-341-4000

MON	TUE	WED	THU	FRI	SAT	SUN
Body Pump™ Studio Melissa R. 7:30pm - 8:30pm	Youth and Family Open Gym Family Gym 7:30pm - 10pm	TAI CHI Mind/Body Studio Binh T. 7:40pm - 9:10pm	Youth and Family Open Gym Family Gym 7:30pm - 10pm			
TAI CHI Mind/Body Studio Binh T. 7:40pm - 9:10pm	CARDIO STEP Studio Peggy H. 7:30pm - 8:30pm					
	ZUMBA® Mind/Body Studio Nanette P. 7:45pm - 8:30pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.