



**EASTSIDE FAMILY YMCA (585) 341-4000**  
**GROUP EXERCISE SCHEDULE October 30th 2017**  
**Tiffani Moxley 341-3055 or tiffani.moxley@rochesterymca.org**

MONDAY				TUESDAY CON'T				FRIDAY			
5:05-5:50AM	GROUP CYCLE	(C)	JULIANNA/GIDGETT	7:30-8:30PM	CARDIO STEP	(S)	PEGGY	5:05-5:55AM	BODY COMBAT	(S)	KATHY
5:10-6:10AM	BODYCOMBAT	(MB)	KATHY	7:45-8:30PM	ZUMBA	(MB)	NANETTE	5:30-6:30AM	GROUP CYCLE	(C)	GARY
6:00-7:00AM	BODY CONDITIONING	(S)	GIDGETT	<b>WEDNESDAY</b>				5:45-6:45AM	ACTIVE YOGA	(MB)	JOAN
6:20-6:50AM	BODYFLOW EXPRESS	(MB)	MARIA	5:05-6:05AM	BODY COMBAT	(S)	KATHY	6:00-7:00AM	BOOT CAMP TRAINING	(S)	GIDGETT
8:15-9:00AM	BODY CONDITIONING	(FG)	CAROL	5:30-6:30AM	GROUP CYCLE	(C)	GIDGETT	8:15-9:00AM	BODY CONDITIONING	(MB)	CAROL
9:00-10:00AM	GENTLE YOGA	(S)	THERESE	5:45-6:45AM	ACTIVE YOGA	(MB)	JOAN	8:50-9:50AM	GENTLE YOGA	(S)	EVA
9:15-10:00AM	CARDIO DANCE	(MB)	CAROL	6:20-6:50AM	BODY FLOW EXPRESS	(S)	MARIA	9:15-10:15AM	GROUP CYCLE	(C)	MAUREEN
9:15-10:15AM	GROUP CYCLE	(C)	CHRISTINA	8:15-9:00AM	BODY CONDITIONING	(MB)	CAROL	9:15-10:00AM	CARDIO DANCE	(MB)	CAROL
10:15-11:15AM	BODY CONDITIONING	(MB)	TONY	9:00-10:00AM	ACTIVE YOGA	(S)	THERESE	10:10-11:10AM	BODY PUMP	(S)	DANIELLE O.
10:25-11:10AM	SILVER SNEAKERS YOGA	(S)	TESS	9:15-10:00AM	STEP CIRCUIT	(MB)	CAROL	11:00-11:45AM	SILVER CYCLE	(C)	LAURA
11:00-11:45 AM	SILVER CYCLE	(C)	LAURA	9:15-10:15AM	GROUP CYCLE	(C)	CHRISTINA	11:15-11:45AM	BODYFLOW EXPRESS	(MB)	DANIELLE O.
11:20-12:20PM	FEELING FIT	(S)	TESS	10:15-11:00AM	CARDIO DANCE	(MB)	LISA B.	11:20-12:20PM	FEELING FIT	(S)	TESS
12:25-1:10PM	SILVER SNEAKERS CLASSIC	(S)	TESS	10:15-11:15AM	BODYPUMP	(S)	MELISSA/ROB	12:25-1:10PM	SILVER SNEAKERS CLASSIC	(S)	TESS
12:30-1:15PM	FREE STYLE BARRE	(MB)	LISA MARIE	11:15-12:00PM	FEELING FIT PLUS	(MB)	TIFFANI	4:10-5:10PM	BODY COMBAT	(S)	LISA MARIE
4:10-5:10PM	BODY COMBAT	(S)	LISA MARIE	12:30-1:15PM	FREE STYLE BARRE	(MB)	JESSICA	4:30-5:30PM	ACTIVE YOGA	(MB)	EVA
4:15-5:15PM	IM = X PILATES	(MB)	KATHY	4:10-5:10PM	BODY COMBAT	(MB)	LISA MARIE	5:15-6:15PM	BODY PUMP/CXWORKS	(S)	ROBERT/LISA
5:10-5:40PM	CXWORKS	(S)	LISA MARIE	4:00-5:00PM	BODY CONDITIONING	(S)	RON	6:00-7:00PM	GROUP CYCLE	(C)	JAYME
5:15-5:45PM	CXWORKS	(S)	LISA MARIE	5:15-5:45PM	CXWORKS	(S)	LISA MARIE	7:30-8:15PM	ZUMBA	(S)	LEONTE
5:25-6:25PM	GENTLE YOGA	(MB)	KIM	5:10-6:10PM	BODYPUMP	(FG)	DANIELLE O.	<b>SATURDAY</b>			
6:00-7:00PM	GROUP CYCLE	(C)	KRISTEN	5:25-6:25PM	ACTIVE YOGA	(MB)	KIM	7:00-8:00AM	GROUP CYCLE	(C)	GIDGETT
6:15-7:15PM	BOOT CAMP TRAINING	(S)	MEGHAN	6:00-7:00PM	GROUP CYCLE	(C)	JOHN	7:15-8:00AM	BOOT CAMP TRAINING	(S)	STACIE
6:35-7:35PM	ACTIVE YOGA	(MB)	KIM	6:20-7:20PM	CARDIO KICKBOXING	(S)	DANIELLE O.	7:15-8:00AM	BODY FLOW	(MB)	BRENDA
7:15-8:15PM	GROUP CYCLE	(C)	GORDON	6:35-7:35PM	ACTIVE YOGA	(MB)	ALISA	8:10-9:10AM	BODYPUMP	(S)	MARIA
7:30-8:30PM	BODY PUMP	(S)	MELISSA	7:30-8:15PM	ZUMBA	(S)	KENDRA	8:45-9:45AM	IM = X PILATES	(MB)	DEBRA
7:40-9:10PM	TAI CHI	(MB)	BINH TRAN	7:40-9:10PM	TAI CHI	(MB)	BINH TRAN	9:00-10:00AM	GROUP CYCLE	(C)	MEGHAN
<b>TUESDAY</b>				<b>THURSDAY</b>				9:20-10:05AM	CARDIO STEP	(S)	FRIEDA
5:10-6:10AM	BODY PUMP	(S)	MARIA	5:10-6:10AM	BODYPUMP	(S)	MARIA	10:00-11:00AM	ACTIVE YOGA	(MB)	JULIE
5:30-6:30AM	GROUP CYCLE	(C)	KAREN	5:30-6:30AM	GROUP CYCLE	(C)	GORDON	10:15-11:00AM	CORE EXPRESS	(S)	PEGGY
6:15-6:45AM	CXWORKS	(S)	MARIA	6:15-6:45AM	CXWORKS	(S)	MARIA	10:15-11:15AM	GROUP CYCLE	(C)	LAURA
8:15-9:00AM	ZUMBA	(S)	CHRISTINA	8:15-9:00AM	TRX BODY BLAST	(S)	CAROL	11:15-12:15PM	BODY COMBAT	(MB)	DANIELLE O.
9:00-10:00AM	GROUP CYCLE	(C)	LAURA	9:00-10:00AM	IM = X PILATES	(MB)	CLAIRE	11:35-12:20PM	ZUMBA	(S)	NANNETTE
9:00-10:00AM	IM = X PILATES	(MB)	CLAIRE	9:15-10:00AM	CARDIO STEP	(S)	CAROL	12:30-2:00PM	TAI CHI	(MB)	BINH TRAN
9:15-10:00AM	CARDIO STEP	(S)	RON	10:00-11:00AM	GROUP CYCLE	(C)	LAURA	<b>SUNDAY</b>			
10:10-11:10AM	BODY COMBAT	(MB)	LISA MARIE	10:15-11:00AM	CXWORKS	(S)	LISA MARIE	7:15-8:15AM	GROUP CYCLE	(C)	ERIN
10:15-11:00AM	BODY CONDITIONING	(S)	RON	10:15-11:10AM	SILVER SNEAKERS YOGA	(MB)	CLAIRE	8:15-9:15AM	CARDIO KICKBOXING	(MB)	LAURA
11:20-12:20PM	SILVER SNEAKERS CIRCUIT	(FG)	KAREN	11:15-12:15PM	GENTLE YOGA	(MB)	CLAIRE	8:15-8:45AM	BODY PUMP EXPRESS	(S)	IVONNE
11:20-12:20PM	GENTLE YOGA	(MB)	THERESE	11:20-12:20PM	SILVER SNEAKERS CIRCUIT	(FG)	KAREN	9:00-10:00AM	BODY PUMP	(S)	IVONNE
12:30-1:15PM	ZUMBA GOLD	(S)	TIFFANI	12:30-1:15PM	ZUMBA GOLD	(S)	TIFFANI	9:00-10:00AM	GROUP CYCLE	(C)	GORDON/ANGIE
4:15-5:15PM	IM = X PILATES	(MB)	THERESE	12:30-1:30PM	BODY COMBAT	(MB)	DANIELLE O.	9:50-10:50AM	ACTIVE YOGA	(MB)	EVA
5:15-6:15PM	GROUP CYCLE	(C)	JULIANA	4:15-5:15PM	IM = X PILATES	(MB)	KATHY/GERRY	10:15-10:45AM	CXWORKS	(S)	REBECCA
5:10-6:10PM	BODY COMBAT	(S)	DANIELLE O.	5:30-6:15PM	BODYFLOW	(S)	BRENDA	10:15-11:15AM	GROUP CYCLE	(C)	JOHN
5:25-6:25PM	ACTIVE YOGA	(MB)	EVA	5:25-6:25PM	GENTLE YOGA	(MB)	JULIE	11:00-12:00PM	YOGA	(MB)	EVA
6:20-7:20PM	BODYPUMP	(FG)	REBECCA	6:00-7:00PM	GROUP CYCLE	(C)	ROBERT	11:00-11:45AM	ZUMBA	(S)	CHRISTINA/LEONTE
6:35-7:35PM	GENTLE YOGA	(MB)	EVA	6:20-7:20PM	BODY PUMP	(FG)	REBECCA	11:00-12:00PM	BODYPUMP	(FG)	GORDON
7:00-8:00PM	GROUP CYCLE	(C)	JAYME	7:30-8:30PM	TRX CIRCUIT	(S)	PEGGY				

**AQUA FITNESS SCHEDULE (Exercise Pool)**

MONDAY			WEDNESDAY			FRIDAY		
8:15-9:15AM	AQUA FIT 2	CHARLENE	8:15-9:15AM	DEEP WATER AQUA FIT	CHARLENE	8:15-9:15AM	DEEP WATER AQUA FIT	
9:30-10:30AM	AQUA FIT 2	MARCIE	9:30-10:30AM	AQUA FIT 2	RON	9:30-10:30AM	AQUA FIT 3	TIFFANI
11:00-12:00PM	STRETCH AND TONE	JACKIE	11:00-12:00PM	STRETCH AND TONE	JACKIE	11:00-12:00PM	STRETCH AND TONE	JACKIE
6:30-7:30PM	AQUA FIT 3	RON	6:30-7:30PM	AQUA FIT 2	JEANNE	<b>SATURDAY</b>		
<b>TUESDAY</b>			<b>THURSDAY</b>			7:45-8:45AM	AQUA FIT 2	CHARLENE
8:15-9:15AM	AQUA FIT 1	LAURA	8:15-9:15AM	AQUA FIT 2	LAURA			
9:30-10:30AM	AQUA FIT 3	TIFFANI	9:30-10:30AM	AQUA FIT 2	RON			
11:00-12:00PM	STRETCH AND TONE	CHARLENE	11:00-12:00PM	STRETCH AND TONE	ANNA			