



EASTSIDE FAMILY YMCA (585) 341-4000
GROUP EXERCISE SCHEDULE January 10, 2018
 Tiffani Moxley 341-3055 or tiffani.moxley@rochesterymca.org

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

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	SATURDAY		
TUESDAY			THURSDAY			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			

