

CHILDWATCH HOURS

Monday–Thursday
8:00am–8:30pm
Friday
8:00am–8:00pm
Saturday and
Sunday
8:00am–2:00pm



*A great place to start! All fitness levels welcome!

** Advanced fitness level suggested.

Schedule subject to change without notice.

Updated 12/27/16

****Class is offered every other week during this session on the following dates:
1/3, 1/17, 1/31

MONDAY		
5:15-6:15am	**Cycle	Liliana/Michelle
8:00-8:45am	*Hi/Lo	Lee Ann
8:30-9:15am	^* Qi Gong	Bob
9:00-9:45am	* Cardio Step	Lee Ann
9:15-9:55am	^* Tai Chi	Bob
10:00-11:00am	**TRX® Body Blast	Sadie
10:00 -10:45am	^*Feeling Fit	Lisa
11:00-12:00pm	^* SilverSneakers® Classic	Lisa
11:15-12:00pm	*Silver Cycle	Nancy
4:30-5:15pm	**Cycle	Kristin
5:25-6:25pm	*Body Flow™	Lee Ann
6:30-7:25pm	*BOSU Training	Mandie
7:30-8:25pm	*Active Yoga	Liliana
TUESDAY		
5:15-6:15am	**Body Conditioning	Liliana
8:00-8:55am	*Gentle Yoga	Bonnie
9:00-10:00am	*IM=X Pilates	Lee Ann
9:00-9:55am	^*Zumba® (Every other week)	Jackie****
10:10-11:10am	**Body Pump™	Lee Ann
10:15-11:00am	^*SilverSneakers® Circuit	Mindy
11:15-12:00pm	^* SilverSneakers® Yoga	Mindy
11:15-12:00pm		Shelley
4:30-5:00pm	*CXWORX™	Jessica
5:15-6:15pm	**Cycle	Lani
6:20-7:20pm	** Body Pump™	Lani
7:30-8:25pm	*Zumba®	Melissa
WEDNESDAY		
5:15-6:15am	** Cycle	Angela S.
8:00-8:45am	*Hi/Lo	Lee Ann
8:30-9:15am	^* Qi Gong	Bob
9:00-9:45am	*Cardio Step	Andrea
9:15-9:55am	^*Tai Chi	Bob
10:00-11:00am	*Body Flow™	Lee Ann
10:00-10:45am	^*Feeling Fit	Lisa
11:00-12:00pm	^*SilverSneakers® Classic	Lisa
5:00-5:45pm	*Barre Above	Sherry
5:50-6:35pm	**TRX® Body Blast-Fusion	Sherry
6:40-7:25pm	**Cardio Kickboxing and Core	Mandie
7:30-8:25pm	*Gentle Yoga	Lisa C.

THURSDAY		
5:15-6:15am	**Body Conditioning	Liliana
8:00-8:55am	*Gentle Yoga	Bonnie
9:00-10:00am	*IM=X Pilates	Lee Ann
9:00-9:55am	^*Hi/Lo	Sherry
10:10-11:10am	**Body Pump™	Lee Ann
10:15-11:00am	^*SilverSneakers® Circuit	Lisa
11:15-12:00pm	^ *SilverSneakers® Yoga	Lisa
11:15-12:00pm		Shelley
4:30-5:00 pm	*Cardio Hoop	Kristin
5:15-6:15pm	**Cycle	Lisa C.
6:20-7:20pm	**Body Pump™	Jeanie
7:30-8:25pm	*WERQ®	Erika
FRIDAY		
5:15-6:15am	**Cycle	Angela S.
5:30-6:30am	^** Power & Performance	Joelle
8:00-8:45am	*Body Conditioning	Bonnie
8:30-9:15am	^* Qi Gong	Bob
9:00-9:45am	*Barre Above	Sherry
9:15-9:55am	^*Tai Chi	Bob
10:00-10:55am	** Cycle Fusion - Strong	Sherry
10:00-10:45am	^*Feeling Fit	Lisa
11:00-12:00pm	^ *SilverSneakers® Classic	Lisa
4:30-5:30pm	**Body Pump™	Jeanie
SATURDAY		
7:05-7:50am	** Cycle	Angela S./Liliana
8:00-9:00am	** Body Pump™	Lani/Sherry
9:15-10:10am	**Cardio Step	Janson
10:15-11:00am	**TRX® Body Blast	Mandie
SUNDAY		
9:05-10:00am	*Gentle Yoga	Michelle/Chris
9:15-10:15am	^**Power and Performance	Staff
10:10-11:10am	**Body Pump™	Jeanie/Jess
11:20-12:15pm	**TRX® Body Blast	Sadie

- To download our Mobile App:**
- 1. Search 'YMCA of Greater Rochester'**
 - 2. Download the App**
 - 3. Choose 'Northwest YMCA'**

CHECK OUT OUR FREE MOBILE APP! Stay updated with subs and all our schedules!



Unless noted, classes meet in the Aerobics Studio, 2nd floor.
^ Class meets in the gymnasium, 1st floor.

Ages 13 and older welcome in group exercise classes. Please arrive on time to classes, appropriately dressed.

Latecomers may be asked to leave. Proper footwear is required.