



PINK CLASSES

Presented in partnership with the UR Medicine | Highland Hospital, these classes will highlight the importance of breast cancer awareness and regular screenings.



BAY VIEW FAMILY YMCA (WEBSTER)

10/11: 11:15 am to Noon IM=X Pilates, Lisa Cai.
10/13: 5:35-6:20 pm Power Yoga, Andrea A.
10/15 8:15-9 am IM=X Pilates, Kathy D.
10/16: 9:30-10:15 am Group Cycle, Lillian R.
10/17: 4:15-5 pm BODYPUMP, Andrea A.
10/19: 9-9:45 am Circuit Training, Lisa Cai.
10/21: 10:15-11 am Gentle Yoga, Daphne M.

CANANDAIGUA FAMILY YMCA (CANANDAIGUA)

10/12: 12:15-1:15 pm Group Power, Rachel G.
10/13: 6-6:45 am Circuit Training, Lori B.
10/14: 9:15-10:15 am Power & Performance, Lyndsey S.
10/15: 8:15-9 am HIIT, Jenna
10/16: 10:15-11 am Total Body Strong, Heather R.
10/17: 5:45-6:30 pm Group Cycle, Christina H.
10/18: 11-11:45 am Tabata GX, Erin S.
10/19: 6:45-7:45 pm Zumba, Lisa S.

CORNING FAMILY YMCA (CORNING)

10/11: 9-10 am REFIT, Kari F.
10/11: 6:45-7:45 pm Zumba, Nithya K.
10/13: 6:45-7:45 pm Active Yoga, Kelly-Anne H.
10/17: 10:30-11:30 am AquaFit, Christy N.
10/17: 5:45-6:45 pm Zumba, Marina K.
10/18: 5:30-6:30 pm Active Yoga, Deb L.
10/20: 5:30-6:30 pm BODYPUMP, Kim G.
10/21: 9-9:30 am Les Mills Core, Kari F.

EASTSIDE FAMILY YMCA (PENFIELD)

10/11: 9-9:45 am Barre, Heather C.
10/11: 5-5:45 pm BODYCOMBAT, Danielle O.
10/12: 10:15-11:15 am IM=X Pilates, Claire M.
10/14: 9:15-10 am Cardio Dance, Carol M.
10/16: 10:30-11:30 am Active Yoga, Eva K.
10/17: 6:30-7:30 pm BODYPUMP, Jenn W.
10/18: 9:30-10:15 am Aqua Zumba, Shalom S.
10/21: 9:15-10 am Les Mills RPM, Kim K.

MAPLEWOOD FAMILY YMCA (ROCHESTER)

10/11: 7-7:45 am TRX, Gina W.
10/11: 10-10:45 am AquaFit, Ann S.
10/11: 5-5:45 pm Kickboxing, Nene O.
10/12: 8:30-9:15 am Yoga, Daria M.
10/12: 9:15-10:15 am AquaFit, Ann S.
10/12: 11:30 am-12:15 pm Zumba Gold, Melissa R.
10/13: 10-10:45 am Aqua Bootcamp, Kathleen H.
10/13: 11-11:45 am AquaFit, Kathleen H.
10/14: 8:30-9:15 am AquaFit, Ann S.
10/17: 7:15-8:15 am Yoga, Daria M.
10/17: 8:30-9:15 am AquaFit, Ann S.
10/17: 5:30-6:15 pm IM=X Pilates, Sheri D.
10/17: 6:30-7:15 pm Zumba, Susan N.
10/18: 7-7:45 am TRX, Gina W.
10/18: 10-10:45 am AquaFit, Ann S.
10/18: 5-5:45 pm Kickboxing, Nene O.
10/19: 8:30-9:15 am Yoga, Daria M.
10/19: 9:15-10:15 am AquaFit, Ann S.
10/19: 11:30 am-12:15 pm Zumba Gold, Melissa R.
10/20: 10-10:45 am Aqua Bootcamp, Kathleen H.
10/20: 11-11:45 am AquaFit, Kathleen H.
10/21: 8:30-9:15 am AquaFit, Ann S.

NORTHWEST FAMILY YMCA (GREECE)

10/11: 8-9 am Gentle Yoga, Michelle C.
10/15: 10:30-11:30 am IM=X Pilates, LeeAnn M.
10/17: 8-8:45 pm HIIT, Carole N.
10/17: 9-10 am Bootcamp, Carole N.
10/18: 5:30-6:30 pm Group Cycle, Lani P.
10/19: 7-7:50 pm Active Yoga, Lisa C.
10/20: 9:30-10:30 am BODYPUMP, Erin G.

SCHOTTLAND FAMILY YMCA (PITTSFORD)

10/11: 9-9:45 am IM=X Pilates, Kelly P.
10/11: 10-11 am Active Yoga, Lisa O.
10/12: 5:45-6:30 am Bootcamp, Christine H.
10/12: 9:30-10:15 am Bootcamp, Christine H.
10/12: 5-5:30 pm Les Mills Core, Sheila A.
10/12: 5:45-6:45 pm BODYPUMP, Sheila A.
10/13: 11-11:45 am SilverSneakers Circuit, Janet P.
10/13: 4:30-5:15 pm Barre, Cathleen B.
10/14: 9:15-10:15 am Zumba, Laurie N.
10/15: 10:30-11:30 am Zumba, Cathy T.
10/15: 11:45 am-12:30 pm Barre, Cathy T.
10/16: 8:45-9:45 am Active Yoga, Lynn K.
10/16: 10-11 am Gentle Yoga, Lynn K.
10/17: 6-7 pm BODYPUMP, Diane R.
10/19: 9:15-10:15 am Group Cycle, Lisa O.
10/19: 10:30-11:30 am BODYBALANCE, Kelly P.
10/20: 8-9 am Feeling Fit, Christine H.
10/20: 9:30-10:15 am TRX Circuit, Christine H.

THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER (ROCHESTER)

10/11: 6-7 pm Step-Interval, Dorrie C.
10/12: 9-9:50 am SilverSneakers Classic, Jean C.
10/13: 6-7 pm Zumba, Laurie N.
10/18: 6-7 pm Step-Interval, Dorrie C.
10/19: 9-9:50 am SilverSneakers Classic, Jean C.
10/20: 6-7 pm Zumba, Laurie N.

WESTSIDE FAMILY YMCA (GATES)

10/12: 5:30-6:30 pm BODYCOMBAT, Sharon F.
10/12: 6:30-7:30 pm BODYPUMP, Deanna P.
10/13: 5:30-6:30 am Zumba, Rebecca K.
10/14: 8:30-9:30 am Zumba Gold, Shelley H.
10/15: Noon to 1 pm BODYPUMP, Vanessa S.
10/17: 6:15-7 pm Group Cycle, Melissa S.
10/20: 5:15-6:15 pm BODYBALANCE, Mary J.
10/21: 10-11 am Gentle Yoga, Lisa C.

