

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)

10/10, 11:15 am to Noon	IM=X Pilates, Lisa Cai.
10/12, 5:35-6:20 pm	Power Yoga, Andrea A.
10/14, 8:15-9 am	IM=X Pilates, Kathy D.
10/15, 9:30-10:15 am	Group Cycle, Lillian R.
10/16, 4:15-5 pm	BODYPUMP, Andrea A.
10/18, 9-9:45 am	Circuit Training, Lisa Cai.
10/20, 10:15-11 am	Gentle Yoga, Daphne M.

CORNING FAMILY YMCA (CORNING)

10/10, 9-10 am	REFIT, Kari F.
10/10, 5:30-6:30 pm	Active Yoga, Debbie L.
10/11, 9-10:15 am	Ride Strong, Nadia M.
10/12, 6:45-7:45 pm	Active Yoga, Katherine F.
10/14, 9-10 am	BODYPUMP, Blair G.
10/15, 5:45-6:45 pm	Active Yoga, YMCA Staff
10/16, 5:45-6:45 pm	Zumba, Marina K.
10/17, 8-8:45 am	Step-Cardio, David V.
10/18, 9-9:45 am	Les Mills CORE, Kari F.
10/18, 7-8 pm	Active Yoga, Cassandra K.
10/20, 10:30-11:30 am	Aqua Fit, Christy N.

EASTSIDE FAMILY YMCA (PENFIELD)

10/10, 9-9:45 am	Barre, Heather C.
10/10, 10-11 am	BODYCOMBAT, Danielle O.
10/11, 5:45-6:45 am	Active Yoga, Joan N.
10/11, 9:15-10:15 am	Group Cycle, Mindy A.
10/11, 11:30 am-12:15 pm	SilverSneakers Circuit, Tess M.
10/12, 9:30-10:15 am	IM=X Pilates, Laurie K.
10/12, 5:30-6:15 am	Werq, Laura C.
10/13, 9:15-10 am	Cardio Dance, Carol M.
10/14, 8:45-9:45 am	BODYBALANCE, Brenda K.
10/14, 9-10 am	Group Cycle, Meghan C.
10/15, 10:30-11:30 am	Active Yoga, Eva K.
10/16, 4:30-5:30 pm	BODYCOMBAT, Suzanne H.
10/16, 6-7 pm	Group Cycle, Meredith F.
10/16, 6:30-7:30 pm	BODYPUMP, Jenn W.
10/17, 5:30-6:30 pm	Gentle Yoga, Eva K.
10/18, 10:15-11:15 am	IM=X Pilates, Claire M.
10/20, 9:15-10 am	Les Mills RPM, Kim K.

MAPLEWOOD FAMILY YMCA (ROCHESTER)

10/10, 10-11 am	SilverSneakers Yoga, Dorrell G.
10/10, 5-5:45 pm	Cardio Kickboxing, Nene O.
10/11, 9:15-10:15 am	Gentle Yoga, Sandra K.
10/11, 10-11 am	SilverSneakers Classic, Tamara S.
10/11, 5-6 pm	Gentle Yoga, Cheri S.
10/12, 6:15-7 am	Group Cycle, Carole N.
10/12, 9:15-10:15 am	Gentle Yoga, Sandra K.
10/12, 5-5:45 pm	Zumba Step, Melissa R.
10/12, 6-6:30 pm	HIIT, Carole N.
10/16, 7:15-8:15 am	Active Yoga, Daria M.
10/16, 10-11 am	Gentle Yoga, Daria M.
10/16, 10-11 am	SilverSneakers Classic, Tamara S.
10/16, 11:30 am-12:15 pm	Zumba Gold, Melissa R.
10/17, 10-11 am	SilverSneakers Yoga, Dorrell G.
10/17, 5-5:45 pm	Cardio Kickboxing, Nene O.
10/18, 9:15-10:15 am	Gentle Yoga, Sandra K.
10/18, 10-11 am	SilverSneakers Classic, Tamara S.
10/18, 5-6 pm	Gentle Yoga, Cheri S.
10/19, 6:15-7 am	Group Cycle, Mary B.
10/19, 9:15-10:15 am	Gentle Yoga, Sandra K.
10/19, 5-5:45 pm	Zumba Step, Amy M.
10/19, 6-6:30 pm	HIIT, Carole N.

NORTHWEST FAMILY YMCA (GREECE)

10/10, 8-9 am	Gentle Yoga, Michelle C.
10/10, 6:30-7:30 pm	BODYPUMP, Jeanie H.
10/11, 5:30-6:30 pm	BODYCOMBAT, Darlene D.
10/14, 7-7:50 am	Group Cycle, Michelle C.
10/15, 10-11 am	BODYPUMP, Jeanie H.
10/16, 6:30-7:30 pm	BODYCOMBAT, Sharon F.
10/17, 5:30-6:30 pm	BODYCOMBAT, Darlene D.
10/17, 6:30-7:30 pm	BODYPUMP, Jeanie H.

SANDS FAMILY YMCA (CANANDAIGUA)

10/10, 8:30-9:30 am	Aqua Fit, Patti F.
10/13, 8:15-9 am	TRX, Shari R.
10/14, 9:15-10 am	Group Cycle, Amy Jo B.
10/15, 10:30-11 am	Les Mills CORE, Heather R.
10/16, 8:30-9:30 am	Group Cycle, Ruby
10/17, 9:30-10:15 am	IM=X Pilates, Patty S.
10/18, 6:45-7:45 pm	Zumba, Lisa S.
10/19, 12:15-1 pm	BODYPUMP, Lindsey S.
10/20, 9:30-10:15 am	Barre, Christy A.
10/20, 9:30-10:15 am	Bootcamp, Lindsey S.

SCHOTTLAND FAMILY YMCA (PITTSFORD)

10/10, 8:45-9:30 am	IM=X Pilates, Kelly P.
10/10, 9:45-10:45 am	Active Yoga, Lisa O.
10/10, 7-8 pm	Zumba, Mari B.
10/11, 5:45-6:30 am	Bootcamp, Christine H.
10/11, 8-9 am	Feeling Fit, Christine H.
10/11, 9:30-10:15 am	Bootcamp, Christine H.
10/11, 11-11:45 am	SilverSneakers Circuit, Janet P.
10/11, 12-1 pm	Gentle Yoga, Daria M.
10/11, 4-4:30 pm	BODYPUMP, Jenn N.
10/11, 4:45-5:15 pm	Les Mills CORE, Sheila A.
10/11, 5:30-6:30 pm	BODYPUMP, Sheila A.
10/12, 4:30-5:15 pm	Barre, Cathleen B.
10/12, 5:30-6:30 pm	Active Yoga, Lynn K.
10/12, 6:45-7:45 pm	Gentle Yoga, Lynn K.
10/13, 9-10 am	Group Cycle, Lisa O.
10/13, 9:15-10:15 am	BODYCOMBAT, Kristen Y.
10/13, 10:30-11:15 am	BODYBALANCE, Kristen Y.
10/13, 10:30-11:30 am	BODYPUMP, Christine H.
10/16, 8:35-9:20 am	Aqua Fit, Karen S.
10/16, 9-10 am	Group Cycle, Diane R.
10/16, 9:30-10:15 am	SilverSneakers Splash, Audrey T.

THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER (ROCHESTER)

10/10, 6-7 pm	Step-Interval, Dorie C.
10/11, 6-7 pm	Line Dancing, Gwen C.
10/12, 6-7 pm	Zumba, Laurie N.
10/13, 9-9:50 am	SilverSneakers Classic, Jean C.
10/16, 9-9:50 am	SilverSneakers Classic, Jean C.
10/17, 6-7 pm	Step-Interval, Dorie C.
10/18, 10:15-11 am	Gentle Yoga (Chair), Cindi R.
10/19, 6-7 pm	Zumba, Laurie N.
10/20, 9-9:50 am	SilverSneakers Classic, Jean C.

THE YMCA AT INNOVATION SQUARE (ROCHESTER)

10/10, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/11, 8-9 am	Active Yoga, Daria M.
10/12, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/13, 6:30-7:30 pm	Gentle Yoga, Daria M.
10/16, 6-7 am	Group Cycle, Ruth R.
10/16, 5:30-6:30 pm	Group Cycle, Cathy C.
10/17, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/18, 8-9 am	Active Yoga, Daria M.
10/19, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/20, 6:30-7:30 pm	Gentle Yoga, Daria M.

WESTSIDE FAMILY YMCA (GATES)

10/10, 12:15-1 pm	SilverSneakers Yoga, Nancy Y.
10/10, 5:30-6:30 pm	Ride Strong, Angela S.
10/11, 7-8 am	Cardio Kickboxing, Jackie B.
10/11, 5:30-6:15 pm	BODYCOMBAT, Sharon F.
10/12, 8:30-9:30 am	Feeling Fit, Brenda L.
10/12, 4:15-5 pm	Step-Cardio, Deanna P.
10/13, 5:45-6:45 am	BODYPUMP, Darlene D.
10/14, 9-10 am	BODYPUMP, Les Mills Launch Team
10/15, 12:30-1:30 pm	Gentle Yoga, Julie M.
10/16, 11 am-12 pm	SilverSneakers Classic, Maria T.
10/16, 6:45-7:45 pm	Active Yoga, Kim W.
10/17, 8:30-9:15 am	Feeling Fit, Karen G.
10/17, 6-6:45 pm	Aqua Fit, Andrea K.
10/18, 5:45-6:45 am	BODYPUMP, Diane R.
10/18, 11-11:55 am	Gentle Yoga, Cheri S.
10/19, 9:30-10:15 am	Aqua Fit, Rachel M.
10/20, 8:30-9:30 am	Zumba Gold, Shelley H.
10/20, 10-11 am	Gentle Yoga, Lisa C.