

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

DATE & TIME	CLASS & INSTRUCTOR
10/7, 10:15-11 am	Gentle Yoga, Kathy N.
10/8, 11:15 to Noon	Pilates, Lisa Cai.
10/9, 9-9:45 am	Circuit, Lisa Cai.
10/10, 5:35-6:20 pm	Power Yoga, Andrea A.
10/11, 10:15-11 am	Gentle Yoga, Daphne M.
10/12, 8:15-9 am	Pilates, Kathy D.
10/13, 9:30-10:15 am	Group Cycle, Lillian R.
10/14, 4:15-5 pm	BODYPUMP, Andrea A.
10/15, 9-9:45 am	Group Cycle, Lisa C.
10/16, 10:15-11 am	Body Balance, Mary C.
10/17, 4:30-5:25 pm	Ride Strong, Andrea A.
10/18, 11:15 to Noon	TRX, Daphne M.

CORNING FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 9 am	Total Body Strong, Deborah F.
10/8, 5:30 pm	Active Yoga, Debbie L.
10/9, 6 pm	BODYPUMP, Blair G.
10/11, 10:30 am	AquaFit, Christy N.
10/12, 9 am	BODYPUMP, Maria A.
10/13, 10:30 am	Active Yoga, Mikenna R.
10/14, 10:30 am	Body Balance, Lousia L.
10/16, 9 am	Ride Strong, Nadia M.
10/17, 6:45 pm	Active Yoga, Danyell P.
10/18, 9 am	Les Mills Core, Kari F.

EASTSIDE FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 9:15-10:15 am	Group Cycle, Lisa B.
10/7, 6:30-7:30 pm	BODYPUMP, Jenn
10/8, 9:30-10:15 am	Pilates, Laurie
10/8, 6:45-7:45 pm	Zumba, Nanette
10/9, 8-8:45 am	HIGH Fitness, Gil
10/9, 5:30-6:30 pm	Active Yoga, Kim
10/10, 5:15-6:15 am	BODYPUMP, Melanie
10/11, 9-10 am	Gentle Yoga, Eva
10/11, 10:15-11:15 am	Active Yoga, Eva
10/12, 9:15-10:15 am	Step-Cardio, Frieda
10/13, 8:15-9 am	Upbeat Barre, Gil
10/13, 8:15-9 am	Group Cycle, Erin
10/14, 9:30-10:15 am	AquaFit, Ron
10/14, 6:45-7:30 pm	WERQ, Wendi
10/15, 10-11 am	BODYCOMBAT, Danielle
10/15, 11:15 am to Noon	Feeling Fit, Maribel
10/16, 10:30-11:15 am	SilverSneaker Yoga, Jess
10/16, 11:30 am-12:15 pm	SilverSneaker Circuit, Tess
10/17, 5:30-6:15 pm	Les Mills RPM, Robert
10/18, 9:15-10 am	Cardio Dance, Sam R.

THE YMCA AT INNOVATION SQUARE

DATE & TIME	CLASS & INSTRUCTOR
10/7, 9:15-10 am	Circuit Training, Mindy A.
10/7, 5:30-6:15 pm	Group Cycle, Cathy C.
10/8, 9:30-10:30 am	Zumba, Meghana L.
10/8, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/9, 8-9 am	Active Yoga, Daria M.
10/9, 10-10:45 am	SilverSneakers Yoga, Dorrell G.
10/10, 9:15-10 am	BODYPUMP, Mindy A.
10/10, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/11, 8-8:45 am	Pilates, Amy C.
10/11, 10-10:45 am	SilverSneakers Classic, Dorrell G.
10/11, 6:30-7:30 pm	Gentle Yoga, Daria M.
10/14, 9:15-10 am	Circuit Training, Mindy A.
10/14, 5:30-6:15 pm	Group Cycle, Cathy C.
10/15, 9:30-10:30 am	Zumba, Meghana L.
10/15, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/16, 8-9 am	Active Yoga, Daria M.
10/16, 10-10:45 am	SilverSneakers Yoga, Dorrell G.
10/17, 9:15-10 am	BODYPUMP, Mindy A.
10/17, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/18, 8-8:45 am	Pilates, Amy C.
10/18, 10-10:45 am	SilverSneakers Classic, Dorrell G.
10/18, 6:30-7:30 pm	Gentle Yoga, Daria M.

MAPLEWOOD FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 8:30-9:15 am	AquaFit, Ann S.
10/7, 11:30 am-12:15 pm	Zumba Gold, Melissa R.
10/7, 5:30-6:15 pm	Pilates, Sheri D.
10/8, 7-7:45 am	TRX, Gina W.
10/8, 11 am to Noon	Feeling Fit, Tamara S.
10/8, 5-5:45 pm	Kickboxing, Nene O.
10/8, 6-7 pm	Circuit Training, Margot S.
10/9, 8:30-9:15 am	AquaFit, Ann S.
10/9, 10-11 am	SilverSneakers Classic, Tamara S.
10/9, 5-6 pm	Gentle Yoga, Cheri S.
10/10, 10-11 am	SilverSneakers Yoga Stretch, Tamara S.
10/10, 5-5:45 pm	Zumba Step, Melissa R.
10/10, 6-6:30 pm	HIIT, Carole N.
10/11, 8:30-9:15 am	AquaFit, Ann S.
10/11, 9:15-10:15 am	Active Yoga, Daria M.
10/11, 10-11 am	SilverSneakers Classic, Tamara S.
10/12, 8:15-9:15 am	Active Yoga, Dorrel G.
10/13, 9:30-10:30 am	Active Yoga, Hannah G.
10/14, 8:30-9:15 am	AquaFit, Ann S.
10/14, 11:30 am-12:15 pm	Zumba Gold, Melissa R.
10/14, 5:30-6:15 pm	Pilates, Sheri D.
10/15, 7-7:45 am	TRX, Gina W.
10/15, 11 am to Noon	Feeling Fit, Tamara S.
10/15, 5-5:45 pm	Kickboxing, Nene O.
10/15, 6-7 pm	Circuit Training, Margot S.
10/16, 8:30-9:15 am	AquaFit, Ann S.
10/16, 10-11 am	SilverSneakers Classic, Tamara S.
10/16, 5-6 pm	Gentle Yoga, Cheri S.
10/17, 10-11 am	SilverSneakers Yoga Stretch, Tamara S.
10/17, 5-5:45 pm	Zumba Step, Melissa R.
10/17, 6-6:30 pm	HIIT, Carole N.
10/18, 8:30-9:15 am	AquaFit, Ann S.
10/18, 9:15-10:15 am	Active Yoga, Daria M.
10/18, 10-11 am	SilverSneakers Classic, Tamara S.

NORTHWEST FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 11:30 am	Zumba, Lisa R.
10/7, 4:30	Step, Becky V.
10/7, 5:30 pm	BODYCOMBAT, Sharon F.
10/8, 8 am	Gentle Yoga, Michelle C.
10/8, 5:30 pm	BODYPUMP, Jeanie H.
10/9, 5:45 am	BODYCOMBAT, Darlene D.
10/9, 10:15 am	Step, Becky V.
10/9, 11:15 am	Core, Becky V.
10/9, 11:30 am	Feeling Fit, Karen G.
10/9, 12:15 pm	BODYPUMP, Becky V.
10/9, 5:15 pm	BODYCOMBAT, Darlene D.
10/10, 6:30 pm	BODYPUMP, Jeanie H.
10/12, 8 am	BODYPUMP, Becky V.
10/15, 8 am	Gentle Yoga, Michelle C.
10/15, 5:30 pm	BODYPUMP, Jeanie H.

SANDS FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 9:15 am	BODYPUMP, Amy Jo B.
10/8, 8:30 am	TRX, Lori B.
10/9, 9:45 am	Aqua Bootcamp, Cheryl Anne B.
10/9, 6:45 pm	Zumba, Lisa S.
10/10, 8:45 am	GRIT Strength, Jackie L.
10/10, 6 pm	Power Yoga, Megan C.
10/11, 9:30 am	Bootcamp, Lindsey S.
10/12, Noon	Aqua Zumba, Mary Ann N.
10/13, 9:15 am	BODYPUMP, Lindsey M.
10/14, 5:30 pm	Pilates, Romy B.
10/15, 11:15 am	Gentle Yoga, Stephanie R.
10/16, 8:15 am	TRX, Shari R.
10/17, 10:30 am	Total Body Strong, Patty S.
10/18, 8:30 am	Group Cycle, Stephanie B.
10/18, 10:30 am	LES MILLS CORE, Rachel G.

SCHOTTLAND FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 8-9 am	Feeling Fit, Christine H.
10/7, 9-9:45 am	Zumba Gold, Joann R.
10/7, 9-10 am	BODYBALANCE, Cathleen B.
10/7, 9-10 am	Group Cycle, Amy O.
10/7, 10-10:45 am	SilverSneakers Classic, Joann R.
10/7, 10:15-11:15 am	UpBeat Barre, Anna B.
10/7, 10:30-11:30 am	BODYPUMP, Lisa O.
10/7, Noon to 1 pm	Gentle Yoga, Alyssa M.
10/7, 4-4:30 pm	BODYPUMP, Diane R.
10/7, 4:45-5:15 pm	LES MILLS Core, Diane R.
10/8, 8:45-9:30 am	Pilates, Kristen Y.
10/8, 8:45-9:45 am	Dance Fit, Marie K.
10/8, 9-9:45 am	Total Body Strong, Lisa Ba.
10/8, 10:15-11 am	Feeling Fit, Lisa Ba.
10/8, 4:30-5:15 pm	Barre, Cathleen B.
10/8, 5:30-6:30 pm	Active Yoga, Cami G.
10/8, 6:45-7:45 pm	Gentle Yoga, Emily N.
10/8, 6:45-7:45 pm	Zumba, Mari B.
10/9, 9:30-10:15 am	SilverSneakers Splash, Audrey T.
10/9, 11-11:45 am	SilverSneakers Classic, Laurie N. & Amy O.
10/9, Noon to 12:45 pm	SilverSneakers Yoga, Deb M.
10/9, Noon to 1 pm	Gentle Yoga, Daria M.
10/9, 5:15-6:15 pm	UpBeat Pilates, Gil G. & Tia P.
10/9, 5:30-6:30 pm	BODYPUMP, Sheila A.
10/10, 9-9:45 am	Bootcamp, Jess C.
10/10, 9-10 am	TRX Circuit, Christine H.
10/10, 10-10:45 am	Parkinson's Optimal Wellness, Janet P.
10/10, 10:15-11:15 am	BODYSTEP, Diane R.
10/10, 10:25-11:10 am	AquaFit, Jess C.
10/10, 5:30-6:15 pm	Group Cycle, Margie A.
10/11, 8:35-9:20 am	AquaFit, Karen S.
10/11, 9:15-10:10 am	BODYCOMBAT, Kristen Y.
10/11, 4-5 pm	BODYPUMP, Sarah M.
10/14, 8-9 am	Feeling Fit, Christine H.
10/14, 9-9:45 am	Zumba Gold, Joann R.
10/14, 9-10 am	BODYBALANCE, Cathleen B.
10/14, 9-10 am	Group Cycle, Amy O.
10/14, 10-10:45 am	SilverSneakers Classic, Joann R.
10/14, 10:15-11:15 am	UpBeat Barre, Anna B.
10/14, 10:30-11:30 am	BODYPUMP, Lisa O.
10/14, Noon to 1 pm	Gentle Yoga, Alyssa M.
10/14, 4-4:30 pm	BODYPUMP, Diane R.
10/14, 4:45-5:15 pm	LES MILLS Core, Diane R.
10/15, 8:45-9:30 am	Pilates, Kristen Y.
10/15, 8:45-9:45 am	Dance Fit, Marie K.
10/15, 9-9:45 am	Total Body Strong, Lisa Ba.
10/15, 10:15-11 am	Feeling Fit, Lisa Ba.
10/15, 4:30-5:15 pm	Barre, Cathleen B.
10/15, 5:30-6:30 pm	Active Yoga, Cami G.
10/15, 6:45-7:45 pm	Gentle Yoga, Emily N.
10/15, 6:45-7:45 pm	Zumba, Mari B.
10/16, 9:30-10:15 am	SilverSneakers Splash, Audrey T.
10/16, 11-11:45 am	SilverSneakers Classic, Laurie N. & Amy O.
10/16, Noon to 12:45 pm	SilverSneakers Yoga, Deb M.
10/16, Noon to 1 pm	Gentle Yoga, Daria M.
10/16, 5:15-6:15 pm	UpBeat Pilates, Gil G. & Tia P.
10/16, 5:30-6:30 pm	BODYPUMP, Sheila A.
10/17, 9-9:45 am	Bootcamp, Jess C.
10/17, 9-10 am	TRX Circuit, Christine H.
10/17, 10-10:45 am	Parkinson's Optimal Wellness, Janet P.
10/17, 10:15-11:15 am	BODYSTEP, Diane R.
10/17, 10:25-11:10 am	AquaFit, Jess C.
10/17, 5:30-6:15 pm	Group Cycle, Margie A.
10/18, 8:35-9:20 am	AquaFit, Karen S.
10/18, 9:15-10:10 am	BODYCOMBAT, Kristen Y.
10/18, 4-5 pm	BODYPUMP, Sarah M.

THURSTON ROAD YMCA NEIGHBORHOOD CENTER

DATE & TIME	CLASS & INSTRUCTOR
10/8, 9 am	SilverSneakers Circuit, Jean C.
10/8, 6 pm	Step-Interval, Dorie C.
10/9, 6:15 am	Step-Interval, Yvonne V.
10/9, 9 am	SilverSneakers Classic, Jean C.
10/10, 6 pm	Zumba, Laurie N.
10/11, 10:15 am	Gentle Yoga (Chair), Cindi R.
10/14, 7:15 am	Step-Interval, Yvonne V.
10/14, 6 pm	Circuit Training, Jean C.
10/16, 6 pm	Line Dancing, Gwen C.

WESTSIDE FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/7, 5:30-6:30 pm	BODYPUMP, Mary S.
10/8, 9:30-10:30 am	Circuit Training, Lucy V.
10/9, 8:30-9:30 am	Zumba Gold, Shelley H.
10/10, 4:15-5 pm	Cardio Step, Deanna P.
10/11, 11 am to Noon	SilverSneakers Classic, Maria T.
10/12, 8:50-9:50 am	BODYPUMP, Darlene D.
10/13, 9:15-10:15 am	Ride Strong, Angela S.
10/14, 6:45-7:45 pm	Power Yoga, Kim W.
10/15, 12:15-1 pm	SilverSneakers Yoga, Nancy W.
10/16, 5:30-6:15 pm	BODYCOMBAT, Sharon F.
10/17, 6-6:45 pm	Aqua Zumba, Shelley H.
10/18, 5:45-6:45 am	BODYPUMP, Mary J.