



GROUP EXERCISE SCHEDULE

Effective Until Further Notice

Orleans County YMCA | 306 Pearl Street | Medina, NY | 585.798.2040

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barre 5:45 - 6:30am Rachel Fitness Room				Strength & Stretch 5:45 - 6:30am Rachel Fitness Room	Cycling 8:00 - 9:00am Rachel Gymnasium
Silver Sneakers Classic 10 - 11am Nancy Fitness Room	Silver Sneakers Yoga Stretch 10 - 11am Linda Gymnasium	Silver Sneakers Classic 10 - 11am Nancy Fitness Room	Silver Sneakers Yoga Stretch 10 - 11am Linda Gymnasium	Silver Sneakers Classic 10 - 11am Linda Fitness Room	
Cycling 5:30 - 6:15pm Audralee Outside	Boot Camp/Spin Combo 5:30 - 6:30pm Mike & Rachel Gymnasium	Cycling 5:30 - 6:30pm Rachel Gymnasium	Boot Camp 5:30 - 6:30pm Mike Gymnasium		

