



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Effective Until Further Notice

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spin* 5:45 - 6:20am Aly Fitness Room			
				Pilates 9:00 - 9:45am Gloria Fitness Room	Spin* 8:00 - 9:00am Rachel Fitness Room
Silver Sneakers Classic 10:00 - 11:00am Nancy Fitness Room	Silver Sneakers Yoga Stretch 10:00 - 11:00am Nancy Fitness Room	Silver Sneakers Classic 10:00 - 11:00am Nancy Fitness Room	Silver Sneakers Yoga Stretch 10:00 - 11:00am Pam Fitness Room	Silver Sneakers Classic 10:00 - 11:00am Gloria Fitness Room	HIIT the Step 9:45 - 10:30am Aly Fitness Room
		Cardio Drumming 11:15 - 12:00pm Nancy Fitness Room			
Spin* 5:30 - 6:30pm Audralee Fitness Room	Boot Camp 5:30 - 6:30pm Mike Fitness Room	Spin/Combo* 5:30 - 6:30pm Rachel Fitness Room	Warrior Fitness 5:30 - 6:30pm Mike & Audralee Fitness Room		
		Int. Body Love Yoga 6:00 - 7:00pm Kaylin Upstairs Fitness Studio			

***These classes require reservations because of limited space & equipment.**

Use the reservation links on our Facebook page to reserve your spot.*