



ORLEANS COUNTY YMCA GROUP EXERCISE SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | Pilates 9:00-9:45 AM Gloria Fitness Room | Spin 8:00-9:00 AM Rachel Fitness Room |
| Silver Sneakers Classic 10:00-11:00AM Nancy Fitness Room | Silver Sneakers Yoga 10:00-11:00 AM Nancy Fitness Room | Silver Sneakers Classic 10:00-11:00 AM Nancy Fitness Room | Silver Sneakers Yoga 10:00-11:00 AM Pam Fitness Room | Silver Sneakers Classic 10:00-11:00 AM Nancy Fitness Room | Stretch 9:00-9:10 AM Rachel Fitness Room |
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| Spin 5:30-6:30 PM Audralee Fitness Room | | Spin Combo 5:30-6:30 PM Rachel Fitness Room | | | |
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SPIN: Ride to the beat, push your limits, and build strength! This certified spin class delivers an energizing, full-body cardio workout that leaves you feeling strong and accomplished.

SPIN COMBO: Power through an energizing spin ride, then finish strong with a weighted core workout! This certified-instructor-led class delivers cardio, strength, and core training in one motivating session.

PILATES - ALL LEVELS: Strengthen your core, improve your posture, and move with confidence! This energizing Pilates class delivers strength, balance, and renewal in every session.

STRETCH: Loosen up, feel better, move easier! Our stretch class improves flexibility and relieves tension—perfect for every body, no yoga required.

SILVER SNEAKERS CLASSIC: Move to the music and build strength with confidence! Silver Sneakers Classic is a fun, chair-based workout designed to improve balance, flexibility, and overall fitness for every level

SILVER SNEAKERS YOGA: Breathe, stretch, and find your balance! Silver Sneakers Yoga offers a chair-based practice that builds flexibility, strength, and calm—all in a safe, supportive setting.