



• ORLEANS COUNTY YMCA GROUP EXERCISE SCHEDULE - Updated 09/15/2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 9:00–9:50 AM Caity Fitness Room		Zumba 9:00–9:50 AM Caity Fitness Room		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 Pam Fitness Room	Silver Sneakers Classic 10:00–11:00 AM Nancy Fitness Room	Silver Sneakers Yoga 10:00–11:00 AM Nancy Fitness Room	Silver Sneakers Classic 10:00–11:00 AM Gloria Fitness Room	Stretch 9:00–9:30 AM Rachel Fitness Room
Stretch N' Tone 2:15–3:00 PM Roz Fitness Room				Stretch N' Tone 2:15–3:00 PM Roz Fitness Room	
Spin 5:30–6:30 PM Audralee Fitness Room	TRX Training 5:30–6:15 PM (This class is on MONDAYS) Rachel TRX Room	Spin Combo 5:30–6:30 PM Rachel Fitness Room			

CHAIR YOGA: Chair Yoga is a gentle, low-impact class using a chair for support to improve flexibility, strength, and balance—perfect for all levels.

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.

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.

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

STRETCH N' TONE: A gentle, low-impact class to build flexibility, strength, and balance—offering modifications for all levels in a supportive, uplifting space.

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.

TRX TRAINING: Build strength and stability using your own bodyweight! TRX targets every major muscle group and adapts to all fitness levels for a powerful, low-impact workout.

ZUMBA: Boost your cardio and coordination with energizing dance moves set to lively music! Zumba delivers a fun, full-body workout for every fitness level.

***Download our GLOW YMCA app and be on the lookout for class updates and exciting new pop up classes!**