

	Y Specialty Fitness	Oneonta YMCA	Southside Mall
Monday	Aqua Aerobics: Michele P. 9:30am-10:15am	Deep Water Aquafit: Dave M. 7:00am-7:45am	
	Gentle Stretch: Michele P. 11:00am-12:00pm	Spinning® : Anna 9:00am-9:45am	
	LOW: Kimi 12:30pm-1:15pm No Class 8/17	Aqua Aerobics: Emily 10:00am-10:45am	
	Total Body: Michelle H. 5:30pm-6:15pm No Class 8/3		
Tuesday	Spinning® : Bren 5:45am-6:30am		
	Pilates: Kimi 8:00am-8:30am No Class 8/18	Bikes & Bells: Anna 9:00am-10:15am	Silver Sneakers Classic: Kelly 11:00am-11:45am
	Gentle Yoga: Arlana 1:00pm-2:00pm	Aqua Arthritis: Bonnie 10:00am-10:45am	
	Hit the Beat Strong: Kimi 5:45pm-6:15pm No Class 8/18	Total Body Blast: Angie 12:00pm-12:45pm	
	Pilates: Kimi 6:30pm-7:00pm No Class 8/18	Silver Splash Aquafit: Angie 4:30pm-5:15pm	
Wednesday	Elevate Circuit: Angie 7:45am-8:30am	Deep Water Aquafit: Dave M. 7:00am-7:45am	Silver Sneakers Yoga: Kelly 11:00am-11:45am
	Aqua Aerobics: Emily 9:30am-10:15am No Class 8/12	Strong Heart Strong Body: Anna 9:30am-10:30am	
	Timeless Classics: Dave 12:00pm-1:00pm	Pilates: Kimi 12:15pm-12:45pm No Class 8/12	
	Chair Yoga: Arlana 3:45pm-4:45pm		
	Strength & Stretch Yoga: Arlana 5:00pm-6:00pm		
	Strength Training with Joe 5:30pm-6:30pm		
	Aqua Aerobics: Emily 5:45pm-6:30pm		
Thursday	Spinning®: Bren 5:45am-6:30am	Elevate: Abby 6:15am-7:00am July & August ONLY	Silver Sneakers Classic: Kelly 11:00am-11:45am No Class 8/13
	Gentle Stretch: Michele P. 11:00am-12:00pm	Strength in Motion: Abby 8:00am-8:45am July & August ONLY	
	Power HIIT: Abby 5:30pm-6:15pm	Aqua Arthritis: Linda 10:00am-10:45am	
	Aqua Aerobics: Emily 5:45pm-6:30pm	Gentle Yoga: Kelly 12:15pm-1:00pm No Class 8/13	
		HIGH Fitness: Kimi 7:15pm-8:15pm	
Friday	Aqua Aerobics: Emily 9:30am-10:15am No Class 8/14	Deep Water Aquafit: Dave M. 7:00am-7:45am	
		Spinning®: Anna 9:00am-9:45am	
		Aqua Aerobics: Linda 10:00am-10:45am	
		Body Blitz: Kimi 12:00pm-12:30pm	
		YO®: Kimi 12:30pm-1:00pm	
Saturday	Power Fusion: Kimi 9:00am-9:45am		
	LOW: Kimi 10:00am-11:00am No Class 8/15		

PROGRAMS

Fierce

Oneonta Family YMCA
With Abby
Tuesdays & Thursdays
4:15pm-5:00pm
July 7th - Aug 25th
Member: **\$45.00**
Public: **\$90.00**



Tai Chi Level 2

Y Specialty Fitness
With Arlana
Tuesdays
11:30am-12:30pm
July 14th - Aug 25th
Member: **\$50.00**
Public: **\$75.00**



Ride. Lift. Rise.

Y Specialty Fitness
With Heidi
Mondays & Thursdays
7:00am-8:15am
August 31st - October 8th
Member: **\$40.00**
Public: **\$80.00**



Group Fitness AUGUST 2026

Oneonta Family YMCA
20-26 Ford Ave.
(607)432-0010

Y Specialty Fitness
1 Foxcare Dr., Suite 216
(607)431-5454

- Classes are FREE to Members of the Facility that their membership is through
- Y Specialty Fitness Class Drop-In Rates for Public
 - \$5.00-\$10.00
- Oneonta YMCA Fitness Class Drop-In Rate for Public
 - \$10.00

-  These classes are free to members of either facility regardless where the class is held

WORKOUT PLAN

THIS SHEET IS HERE TO HELP YOU MAP OUT YOUR WORKOUTS, PLAN YOUR WEEK WITH INTENTION, AND STAY CONSISTENT. A LITTLE PLANNING NOW SETS YOU UP FOR BIG WINS ALL WEEK LONG

MONDAY

CLASS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

TUESDAY

CLASS

WEDNESDAY

CLASS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

THURSDAY

CLASS

FRIDAY

CLASS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

SATURDAY

CLASS

SUNDAY

CLASS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____