

	Y Specialty Fitness	Oneonta YMCA	Southside Mall	PROGRAMS	
Monday All facilities closed 9/7	Aqua Aerobics: Michele P. 9:30am-10:15am No Class 9/7	Deep Water Aquafit: Dave M. 7:00am-7:45am No Class 9/7	Let's CELEBRATE HARD WORK Our staff will enjoy a long Labor Day Weekend. ALL FACILITIES Fri 9/4 Close 12:00pm Sat-Mon 9/5-9/7 Closed Tues 9/8 Open normal hours Silver Sneakers Classic: Kelly 11:00am-11:45am	Tai Chi Level 2 Y Specialty Fitness With Arlana Tuesdays 11:30am-12:30pm Sept. 15th - Nov. 10th Member: \$50.00 Public: \$75.00	
	Gentle Stretch: Michele P. 11:00am-12:00pm No Class 9/7	Spinning® : Anna 9:00am-9:45am No Class 9/7			
	TIME CHANGE LOW: Kimi 12:15pm-1:00pm No Class 9/7	Aqua Aerobics: Emily 10:00am-10:45am No Class 9/7			
	Total Body: Michelle H. 5:30pm-6:15pm No Class 9/7	Cardio Sport: Kimi 6:30pm-7:15pm No Class 9/7			
Tuesday	Spinning® : Bren 5:45am-6:30am	Elevate: Abby 6:15am-7:00am		Ride. Lift. Rise. Y Specialty Fitness With Heidi No Class 9/7 Mondays & Thursdays 7:00am-8:15am August 31 st - October 8 th Member: \$40.00 Public: \$80.00	
	Sculpt & Stretch: Angie 8:00am-8:30am	Bikes & Bells: Anna 9:00am-10:15am			
	Gentle Yoga: Arlana 1:00pm-2:00pm No Class 9/1 & 9/8	Aqua Arthritis: Bonnie 10:00am-10:45am			
		Total Body Blast: Angie 12:00pm-12:45pm			
		Silver Splash Aquafit: Angie 4:30pm-5:15pm			
		Cycling: Michelle H. 5:30pm-6:15pm			
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	Strong Heart Strong Body: Anna 9:30am-10:30am			
	Timeless Classics: Dave 12:00pm-1:00pm	Pilates: Kimi 12:15pm-12:45pm			
	Chair Yoga: Arlana 3:45pm-4:45pm No Class 9/2 & 9/9				
	Strength & Stretch Yoga: Arlana 5:00pm-6:00pm No Class 9/2 & 9/9				
	Strength Training with Joe 5:30pm-6:30pm				
	Aqua Aerobics: Emily 5:45pm-6:30pm				
Thursday	Spinning®: Bren 5:45am-6:30am	Aqua Arthritis: Linda 10:00am-10:45am	Silver Sneakers Classic: Kelly 11:00am-11:45am	Group Fitness September 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	
	Gentle Stretch: Michele P. 11:00am-12:00pm	Gentle Yoga: Kelly 12:30pm-1:00pm			
	Power HIIT: Abby 5:30pm-6:15pm	HIGH Fitness: Kimi 7:15pm-8:15pm			
	Aqua Aerobics: Emily 5:45pm-6:30pm				
Friday All facilities close 12:00 pm 9/4	Aqua Aerobics: Emily 9:30am-10:15am No Class 9/4	Deep Water Aquafit: Dave M. 7:00am-7:45am	TIME CHANGE Sept. 4th ONLY Body Blitz: 11:00am YO®: 11:30am		
		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 Closed 9/5	Power Fusion: Kimi 9:00am-9:45am No Class 9/5				
	LOW: Kimi 10:00am-11:00am No Class 9/5				

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: _____