

REGISTRATION IS REQUIRED FOR ALL GROUP FITNESS CLASSES & PROGRAMS



specialty fitness

Please call (607) 431-5454 or stop by the Welcome Center to Register

All Group Fitness Classes are FREE for Members

PROGRAMS:

Non-Member Drop In Rates:
\$5.00-\$10.00

Program Fees May Vary, Please Call or Stop by
The Welcome Center for More Information

Crossover CLASSES are FREE for YMCA & YSF Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Spinning® BREN 5:45am-6:30am		Spinning® BREN 5:45am-6:30am NO CLASS 12/25		
Elevate Circuit ANGIE 7:45am-8:30am	Ride. Lift. Rise 12/2/25-12/18/25 Program \$\$ HEIDI 7:00am-8:00am	Y360 8:00am-8:45am	Ride. Lift. Rise 12/2/25-12/18/25 Program \$\$ HEIDI 7:00am-8:00am		Strong & Steady MARISA 9:00am-9:45am
Aqua Aerobics MICHELE 9:30am-10:15am NO CLASS 12/8	Pilates KIMI 8:15am-8:45am	Aqua Aerobics EMILY 9:30am-10:15am NO CLASS 12/10		Aqua Aerobics EMILY 9:30am-10:15am NO CLASS 12/12	HIGH/Low KIMI 10:15-11:15am
Gentle Stretch MICHELE 11:00am-12:00pm			Gentle Stretch MICHELE 11:00am-12:00pm NO CLASS 12/25		Ignite Circuit MARISA 11:00am-11:30am
Kimi Kardio KIMI 12:15pm-1:00pm	Total Body Blast ANGIE 12:00pm-12:45pm	Timeless Classics DAVE 12:00pm-1:00pm	Gentle Yoga KELLY 12:15pm-1:00pm NO CLASS 12/18 & 12/25 This Class is Free to Members and is held at Ford Ave Y 3rd floor studio	Body Blitz KIMI 12:00pm-12:30pm	This Class is Free to Members and is held at Ford Ave Y 3rd floor studio
	This Class is Free to Members and is held at Ford Ave Y 3rd floor studio	Pilates Express KIMI 12:15pm-12:45pm		Yo® KIMI 12:30pm-1:00pm	
	Gentle Yoga ARLANA 1:00pm-2:00pm	This Class is Free to Members and is held at Ford Ave Y 3rd floor studio		These Classes are Free to Members and is held at Ford Ave Y 3rd floor studio	
Total Body MICHELE 5:30pm-6:15pm	Silver Splash Aqua Fit ANGIE 4:30pm-5:15pm	Chair Yoga ARLANA 3:45pm-4:45pm NO CLASS 12/24 & 12/31	Power HIIT ABBY 5:30pm-6:15pm NO CLASS 12/25	Shuffle & Shine MARISA 5:30pm-6:15pm NO CLASS 12/19	
	This Class is Free to Members and is held at Ford Ave Y Big Pool	Strength & Stretch Yoga ARLANA 5:00pm-6:00pm NO CLASS 12/24 & 12/31	High Fitness® KIMI 7:15pm-8:15pm No Class 12/25 This Class is Free to Members and is held at Ford Ave Y 2nd Floor Gym		
Cardio Sport® KIMI 6:30pm-7:15pm This Class is Free to Members and is held at Ford Ave Y 2nd Floor Gym	Cycling MICHELE 4:30PM-5:15PM	Strength Training With Joe JOE 5:30pm-6:30pm NO CLASS 12/24 & 12/31			
	Hit The Beat MARISA 5:45PM-6:15PM	Aqua Aerobics EMILY 5:45pm-6:30pm NO CLASS 12/10, 12/24 & 12/31		Sweat & Shred Glow Night Marisa and Kimi December 19 th 2025 5:30pm-6:30pm	
	Scorch KIMI 6:30pm-7:00pm 12/2/25-12/9/25 This Class is Free to Members and is held at Ford Ave Y 3rd floor studio				
	Active8 Pt. 2 11/04/25-12/30/25 Program \$\$ MARISA 6:30pm-7:15pm		Active8 Pt. 2 11/04/25-12/30/25 Program \$\$ MARISA 6:30pm-7:15pm		

Aqua Classes: These classes use water resistance to help improve strength, endurance, balance, body tone and function. Classes will use floats and water weights. Try each class and find your best fit. The morning classes are taught in the Therapy Pool and Lap Pool.

Body Blitz: 25 minutes of high intensity, short intervals for increased overall strength targeting every muscle. Using Dumbbells & body weight exercises you will blast calories, and increase strength.

Cardio Sport: The ultimate workout for sports enthusiasts! This high-energy, branded class uses sports drills and dynamic moves to make you feel like you're actually playing a game. The intensity of the drills and movements sync with the music that feels like a rock concert. Incorporating a ball into the workout, you'll improve agility, coordination, and endurance while having fun.

Chair Yoga: A gentle beginner's class in which we use the chair for support through all poses, either standing next to the chair or sitting in it. Emphasis is on exploring range of motion; breathing exercises; and developing greater flexibility. No mat needed, just comfortable, stretch clothing.

Cycling: A 45-minute cycling journey that will challenge the body and the mind. Get a great workout along with an awesome musical playlist. Water bottle and towel required.

Elevate Circuit Rise above your routine. This moderate-intensity circuit training class combines dynamic strength moves and low-impact cardio bursts for a total-body workout that builds stamina, stability, and strength. Every round is designed to help you move better, feel stronger, and elevate your fitness one station at a time.

Gentle Stretch: This class is designed to stretch, tone and strengthen the entire body. This class will help improve your flexibility, circulation, and posture and relieve stress.

Gentle Yoga: This class is designed for people who want to start at the beginning and learn the basics of yoga poses. We will focus on proper alignment, breathing and understanding the benefits of each pose. We will explore some modifications and adjustments of poses, and learn how to use props such as blocks and straps to help us relax more deeply into poses. This is a mat class so participants should feel comfortable getting up from and going down to the floor.

HIGH / Low Fitness: A low impact workout, HIGH / Low is highly adaptable to all fitness levels, and it focuses on the heart rate remaining in a manageable yet constant and challenging, aerobic state for the majority of the class. With modern music and easy to follow choreography you are always going to get a good sweat!

HIGH Fitness: High fitness takes old-school aerobics to the next level with modern fitness techniques such as HIIT, Plyometrics, Intervals of Strength and Cardio.

Hit The Beat: Are you ready to get that burst of energy? This class is designed to help you conquer your workout with strength, stamina, and a smile! This class engages every muscle group, and is the perfect combination of cardio and strength to renew your energy. Get ready to punch, dance, and sweat your way to a healthier, happier you!

Ignite Circuit: This fast-paced bootcamp circuit features 1-minute intervals per exercise, combining strength, cardio, and endurance to maximize results in minimal time. Each round targets a different muscle group, keeping your heart rate up and your body challenged.

Kimi Kardio: Are you up for an 45 minute adventure? Come ready to workout and sweat with Kimi. It may be beatboxing, High/Low Fitness, Zumba, Step or something else. It will be a surprise!

Shuffle & Shine: Get ready to move, groove, and have a blast! Perfect for all levels, you'll learn easy-to-follow moves set to great music while improving coordination, rhythm, and confidence. Whether you're preparing for a special event or just looking for a fun way to stay active, this class is a great way to step into the beat.

Silver Splash Aqua Fit: A fun, shallow-water exercise class that uses signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

Pilates and Pilates Express: Pilates is a form of strength training that focuses on improving muscle tone, endurance and stability. Pilates is a type of exercise in which you perform a series of controlled movements with precision for a total body workout.

Power HIIT: Power Lift HIIT is a 45 minute class that will mix strength training and a HIIT workout. Dumbbells and Wooden Rods will be used for the strength training portion of the class.

Scorch: 30 Minute HIIT - Cardio. Weights. Zero downtime. This high-intensity class packs maximum burn into just 30 minutes with fast-paced intervals and total-body strength training.

Spinning®: Is more than a workout—it's a journey designed to energize your mind and body. With a focus on energy zones, heart rate monitoring, and tailored bike movements, these classes cater to all fitness levels. Whether you're building endurance, boosting strength, or burning fat, you'll ride through thoughtfully crafted profiles designed to maximize results.

Strength & Stretch Yoga: A gentle flowing class, beneficial for intermediate students, with emphasis on slow movement through the available range of motion, gradually building strength and flexibility.

Strength & Sweat: Lift strong, sweat hard, feel amazing! This high energy class will combine muscle-building strength training with heart pumping cardio to deliver a full body workout. You'll sculpt, tone and boost endurance! Expect compound exercises, empowering moves, and plenty of sweat!

Strength Training w/ Joe: Each class begins with a warm up, then an instructional portion, then everyone has time to perform the day's lifts while being watched by an experienced lifting coach. Whether you are a complete beginner in the gym or an experienced lifter, this class aims to be an educational time to build strength & confidence with the heavy lifts and an encouraging atmosphere to progress in.

Strong and Steady: Enhance core stability, balance, and overall strength. Using a stability ball and a variety of strength exercises, this class challenges your muscles in new ways while improving coordination and flexibility.

Timeless Classics: Activities that are perfectly tailored to senior individuals wishing to improve cardiovascular endurance, flexibility, functional strength, and balance. A low impact class geared for those who are new or returning to exercise.

Total Body: A workout that aims to hit all the major muscle groups in one single session. Classes will focus on different areas including exercises for back, legs, chest, shoulders, arms & core.

YO: Upbeat yoga inspired, modern music driven stretching format. This workout incorporates stretching, strength and balance to improve overall health, and shows what a difference stretching can make in our lives and for our bodies. Get ready to move to your favorite tunes and get your sweat on.

Y360: These classes will be streamed on a TV from our virtual platform Y360 in the front studio. Each week will focus on Cardio, Strength and toning.