



GROUP EXERCISE SCHEDULE

NORTHWEST FAMILY YMCA
8040 River Road
Baldwinsville
315-303-5966
ycny.org/reservations

Effective 3/4/2024

MONDAY			
Time	Class Name	Instructor	Location
6:00am-6:45am	LES MILLS BODYPUMP	VAL HUBBELL	GROUP EX STUDIO
8:00am-8:55am	FOREVER FIT PLUS	ROSEMARY ANGOTTI	GROUP EX STUDIO
9:30am-10:25am	HIGH INTENSITY INTERVALS	KAREN IAMAIO	GROUP EX STUDIO
9:30am-10:25am	YOGA	KELLY PUCCIA	MIND/BODY STUDIO
10:30am-11:25am	GENTLE YOGA	SYBIL GOUCHIE	MIND/BODY STUDIO
10:45am-11:40am	FOREVER FIT	DEB REINHARDT YOUMANS	GROUP EX STUDIO
4:30pm-5:25pm	SOULFUSION	KRISTEN EXNER	GROUP EX STUDIO
5:30pm-6:10 pm	ZUMBA	SUZANNE ANTHONY	GROUP EX STUDIO
5:30pm-6:15pm	CYCLE & STRENGTH	MELISSA DEJESUS	CYCLE STUDIO
6:00pm-6:55pm	POWER YOGA	JOAN DEYLE	MIND/BODY STUDIO
6:15pm-7:10pm	TOTAL BODY STRENGTH	KATHY KAMINSKI	GROUP EX STUDIO
TUESDAY			
Time	Class Name	Instructor	Location
5:45am-6:45am	RUN GROUP	PAUL ROUX	MEET OUTSIDE
6:00am-6:45am	STRENGTH & CARDIO	MICKEY PISCITELLI	GROUP EX STUDIO
8:30am-9:25am	ZUMBA TONING	SUZANNE ANTHONY	GROUP EX STUDIO
8:30am-9:20am	CHAIR YOGA	VIRGINIA MERRIAM/MARYBETH LAVECK	MIND/BODY STUDIO
9:30am-10:25am	LES MILLS BODYCOMBAT	JENNIFER BERGAMO	GROUP EX STUDIO
9:30am-10:20am	CHAIR YOGA	MARYBETH LAVECK	MIND/BODY STUDIO
10:30am-11:25am	TOTAL BODY STRENGTH	KAREN IAMAIO	GROUP EX STUDIO
10:45am-11:40am	GENTLE YOGA	KELLY PUCCIA	MIND/BODY STUDIO
4:30pm-5:25pm	HIGH INTENSITY INTERVALS	SHELBY KIETEVES	GROUP EX STUDIO
5:30pm-6:25pm	LES MILLS BODYCOMBAT	DAVID UNDERWOOD	GROUP EX STUDIO
6:30pm-7:25pm	BARRE	ALI OLSEN	GROUP EX STUDIO
WEDNESDAY			
Time	Class Name	Instructor	Location
6:00am-6:45am	CYCLE	MICKEY PISCITELLI	CYCLE STUDIO
8:15am-9:10am	STRENGTH & CARDIO	DEBBIE SINDONE	GROUP EX STUDIO
9:30am-10:25am	LES MILLS BODYPUMP	JENNIFER BERGAMO	GROUP EX STUDIO
10:30am-11:25am	GENTLE YOGA	SYBIL GOUCHIE	MIND/BODY STUDIO
10:30am-11:25am	BARRE	MANDI TROTTO	GROUP EX STUDIO
11:30am-12:15pm	CARDIO FOR ALL**	SUSIE RASMUSSEN	TRACK/GROUP EX
12:15pm-1:00pm	FLEX & BALANCE FOR ALL**	SUSIE RASMUSSEN	GROUP EX STUDIO
4:30pm-5:25pm	CHAIR YOGA	VIRGINIA MERRIAM	MIND/BODY STUDIO
5:30pm-6:25pm	CYCLE	MELISSA DEJESUS	CYCLE STUDIO
5:30pm-6:25pm	ZUMBA	SUZANNE ANTHONY	GROUP EX STUDIO
6:00pm-6:55pm	POWER YOGA	VIRGINIA MERRIAM	MIND/BODY STUDIO
6:30pm-7:25pm	TOTAL BODY STRENGTH	SHELBY KIETEVES	GROUP EX STUDIO
THURSDAY			
Time	Class Name	Instructor	Location
6:00am-6:55am	TOTAL BODY STRENGTH	MICKEY PISCITELLI	GROUP EX STUDIO
8:30am-9:20am	CHAIR YOGA	VIRGINIA MERRIAM/MARYBETH LAVECK	MIND/BODY STUDIO
9:30am-10:25am	LES MILLS BODYCOMBAT	JENNIFER BERGAMO	GROUP EX STUDIO
9:30am-10:20am	CHAIR YOGA	MARYBETH LAVECK	MIND/BODY STUDIO
9:30am-10:30am	RUN GROUP	BOB NICHOLSON	MEET OUTSIDE
10:45am-11:40am	YOGA	KELLY PUCCIA	MIND/BODY STUDIO
10:45am-11:40am	FOREVER FIT	MARYBETH LAVECK	GROUP EX STUDIO
4:30pm-5:25pm	CARDIO KICKBOXING	TED KIETEVES	GROUP EX STUDIO
5:30pm-6:25 pm	STRENGTH & CARDIO	TED KIETEVES	GROUP EX STUDIO
5:30pm-6:25pm	RPM/CYCLE	DEBBIE CERELLI/AUDIE KLOTZ	
6:00pm-6:55pm	YOGA	MANDI TROTTO	MIND/BODY STUDIO
6:30pm-7:25pm	BARRE	ALI OLSEN	GROUP EX STUDIO



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FRIDAY			
Time	Class Name	Instructor	Location
9:00am-9:55am	FLEX AND BALANCE	DIXIE GRIMALDI	MIND/BODY STUDIO
9:15am-10:10am	CYCLE	RYAN MARCHANT/JEANETTE PROSSER	CYCLE STUDIO
9:30am-10:25am	BARRE	SUE MONTMINY	GROUP EX STUDIO
10:30am-11:25am	HIGH INTENSITY INTERVALS	JEANETTE PROSSER/KAREN IAMAIO	GROUP EX STUDIO
10:45am-11:40am	YOGA (w/Sound every 4 th Friday)	SUE MONTMINY	MIND/BODY STUDIO
11:30am-12:15pm	CARDIO FOR ALL**	SUSIE RASMUSSEN	TRACK/GROUP EX
12:15pm-1:00pm	FLEX & BALANCE FOR ALL**	SUSIE RASMUSSEN	GROUP EX STUDIO
SATURDAY			
Time	Class Name	Instructor	Location
7:00am-10:00am	RUN GROUP	PAUL ROUX	MEET OUTSIDE
8:00am-8:55am	CYCLE	AUDIE KLOTZ	CYCLE STUDIO
8:15am-9:10am	LES MILLS BODYCOMBAT	DEBBIE CERELLI/KRISTA HARPER	GROUP EX STUDIO
9:00am-9:55am	POWER YOGA	JOAN DEYLE/VIRGINIA MERRIAM	MIND/BODY STUDIO
9:30am-10:25am	LES MILLS RPM	DEBBIE CERELLI/VAL HUBBELL	CYCLE STUDIO
9:30am-10:25am	BARRE	KRISTEN EXNER	GROUP EX STUDIO
SUNDAY			
Time	Class Name	Instructor	Location
9:00am-9:55am	CYCLE	SARAH R/TRACY V/KATHY K/MELISSA D	CYCLE STUDIO
10:30am-11:25am	YOGA	ALLISON GRAFF/SYBIL GOUCHIE	MIND/BODY STUDIO