



GROUP EXERCISE SCHEDULE

NORTH AREA FAMILY YMCA
4775 Wetzel Road
Liverpool
315-451-2562
ycny.org/reservations

EFFECTIVE 3/4/2024

Class/instructor changes may occur – please check the most current class schedule online at ymcacny.org

MONDAY			
Time	Class Name	Instructor	Location
7:30am-8:15am	WALKING CLUB	WALKING CLUB	GYM
9:30am-10:25am	TOTAL BODY STRENGTH	SUE MONTMINY	GROUP EX STUDIO
10:30am-11:25am	POWER YOGA	SUE MONTMINY	GROUP EX STUDIO
11:30am-12:25pm	ZUMBA GOLD	SUZANNE ANTHONY	GROUP EX STUDIO
4:45pm-5:45pm	RUN GROUP	JENNIFER SNYDER	MEET OUTSIDE
4:45pm-5:30pm	STRENGTH & CARDIO	SARA LINNERTZ	GROUP EX STUDIO
5:30pm-6:25pm	LES MILLS BODYPUMP	SARA LINNERTZ	GROUP EX STUDIO
TUESDAY			
Time	Class Name	Instructor	Location
6:00am-6:45am	TOTAL BODY STRENGTH	MARGUERITE MOORE	GROUP EX STUDIO
7:30am-8:15am	WALKING CLUB	WALKING CLUB	GYM
8:30am-9:15am	FOREVER FIT	DIXIE GRIMALDI	GROUP EX STUDIO
9:30am-10:25am	YOGA	TAMARA ABULEIL	GROUP EX STUDIO
10:30am-11:25am	STRENGTH & CARDIO	DEBBIE SINDONE	GROUP EX STUDIO
11:30am-12:15pm	FLEX & BALANCE FOR ALL**	BRIAN KELLOGG	GROUP EX STUDIO
3:00pm-3:45 pm	BOXING FOR ALL**	SUSIE RASMUSSEN	GROUP EX STUDIO
4:30pm-5:25pm	GENTLE YOGA	DENISE MARKOWSKY	GROUP EX STUDIO
5:30pm-6:25pm	ZUMBA	SANDYJO JORDAN	GROUP EX STUDIO
WEDNESDAY			
Time	Class Name	Instructor	Location
5:45am-6:45am	RUN GROUP	JENNIFER SNYDER	MEET OUTSIDE
6:00am-6:45am	TOTAL BODY STRENGTH	TRACY VANBROCKLIN	GROUP EX STUDIO
7:30am-8:15am	WALKING CLUB	WALKING CLUB	GYM
9:30am-10:25am	FOREVER FIT PLUS	DIXIE GRIMALDI	GROUP EX STUDIO
10:30am-11:25am	STRENGTH FOR ALL**	BRIAN KELLOGG	GROUP EX STUDIO
11:45am-12:40pm	YOGA	KELLY PUCCIA	GROUP EX STUDIO
4:30pm-5:25pm	HIGH INTENSITY INTERVALS	SHELBY KIETEVELES	GROUP EX STUDIO
6:00pm-6:55 pm	BARRE	HALINA KALINOWSKI	GROUP EX STUDIO
THURSDAY			
Time	Class Name	Instructor	Location
6:00am-6:45am	TOTAL BODY STRENGTH	TRACY VANBROCKLIN	GROUP EX STUDIO
7:30am-8:15am	WALKING CLUB	WALKING CLUB	GYM
8:30am-9:15am	FOREVER FIT	DIXIE GRIMALDI	GROUP EX STUDIO
9:30am-10:15am	CHAIR YOGA	DIXIE GRIMALDI	GROUP EX STUDIO
10:30am-11:25am	STRENGTH & CARDIO	DEBBIE SINDONE	GROUP EX STUDIO
11:30am-12:15pm	FLEX & BALANCE FOR ALL**	BRIAN KELLOGG	GROUP EX STUDIO
3:00pm-3:45pm	BOXING FOR ALL**	SUSIE RASMUSSEN	GROUP EX STUDIO
5:30pm-6:25pm	ZUMBA	LENA SARGENTI	GROUP EX STUDIO
6:45pm-7:40pm	YOGA	JOAN DEYLE	GROUP EX STUDIO
FRIDAY			
Time	Class Name	Instructor	Location
8:00am- 9:00am	HIGH INTENSITY INTERVALS	DERBBIE SINDONE	GROUP EX STUDIO
9:30am-10:25am	CHAIR YOGA	TAMARA ABULEIL	GROUP EX STUDIO
9:30am-10:45am	RUN GROUP	JENNY PEARSON	MEET OUTSIDE
10:45am-11:40am	ZUMBA GOLD	SANDYJO JORDAN/EBONY PENDEL	GROUP EX STUDIO
11:45am-12:40pm	YOGA	JOAN DEYLE	GROUP EX STUDIO



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SATURDAY			
Time	Class Name	Instructor	Location
7:00am-10:00am	RUN GROUP	PAUL ROUX	MEET OUTSIDE
8:15am-9:10am	TOTAL BODY STRENGTH/LES MILLS BODYPUMP	TRACY VANBROCKLIN/SARAH REISSIG	GROUP EX STUDIO
9:30am-10:25am	ZUMBA	LENA SARGENTI	GROUP EX STUDIO
10:30am-11:25am	GENTLE YOGA	DENISE MARKOWSKY/MANDI TROTTO	GROUP EX STUDIO
SUNDAY			
Time	Class Name	Instructor	Location
9:00am-9:55am	STRENGTH & CARDIO	DEBBIE SINDONE/SHELBY KIETEVES	GROUP EX STUDIO

INCLUSIVE CLASSES in Partnership with Access and Ability**

The North Area Family YMCA where YOU BELONG.