



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OVAL	OVAL	OVAL	OVAL	OVAL	OVAL	OVAL
<u>BEGINNER PILATES</u> 8:30am-9:15am	<u>CYCLE and CIRCUIT</u> 9:30am-10:30am	<u>STRENGTH TRAIN</u> 9:30am-10:30am	<u>CYCLE and CIRCUIT</u> 9:30am-10:30am	<u>BEGINNER PILATES</u> 8:30am-9:15am	<u>K-CYCLE</u> 8:30am-9:15am	<u>GROUP CENTERGY</u> 9:00am-10:00am *Please note: last Sunday each month will be <b>RESTORATIVE YOGA</b>
<u>PILATES</u> 9:30am-10:30am	<u>BARRE</u> 12:00pm-12:45pm	<u>GROUP CENTERGY</u> 10:30am-11:30am	<u>STRENGTH TRAIN</u> 4:30pm-5:30pm	<u>GROUP CENTERGY</u> 9:30am-10:30am	<u>STRENGTH TRAIN</u> 9:30am-10:30am	
<u>GROUP CENTERGY</u> 4:30pm-5:30pm	<u>STRENGTH TRAIN</u> 4:30pm-5:30pm	<u>CYCLE and CORE</u> 4:30pm-5:15pm	<u>STRENGTH TRAIN</u> 5:30pm-6:30pm			
<u>ADULT BALLET</u> 5:30pm-6:30pm	<u>STRENGTH TRAIN</u> 5:30pm-6:30pm	<u>PILATES</u> 5:30pm-6:30pm	<u>BARRE</u> 5:30pm-6:15pm			
OAK STREET	OAK STREET	OAK STREET	OAK STREET	OAK STREET	OAK STREET	OAK STREET
<u>GROUP CYCLE</u> 12:15pm-1:00pm	<u>YOGA</u> 12:00pm-1:00pm	<u>GROUP CYCLE</u> 12:15pm-1:00pm	<u>YOGA</u> 12:00pm-1:00pm	<u>GROUP CYCLE</u> 12:15pm-1:00pm		
<u>GROUP CYCLE</u> 5:30pm-6:15pm		<u>GROUP CYCLE</u> 5:30pm-6:15pm				

**LOCATIONS**

- OVAL—COMMUNITY ROOM
- OVAL—SMALL STUDIO

**OAK ST.**—Classes take place in the third floor studio.

PLATTSBURGH YMCA      Y ON THE OVAL  
 518-561-4290              518-536-7463

SCHEDULE EFFECTIVE March 2025