



GROUP EXERCISE SCHEDULE

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

EFFECTIVE 1/15/2025

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-5:25pm	STRENGTH & CARDIO	SARA LINNERTZ	GROUP EX STUDIO
5:00pm-6:15pm	WALK TO RUN	JEN SNYDER	NORTH LOBBY
5:00pm-6:15pm	RUN GROUP	JEN SYDER	NORTH LOBBY
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	BRIAN KELLOGG	GROUP EX STUDIO
4:30pm-5:25pm	GENTLE YOGA	DENISE MARKOWSKY	GROUP EX STUDIO
5:30pm-6:25pm	ZUMBA	LYNN KWIETNIAK	GROUP EX STUDIO
WEDNESDAY			
Time	Class Name	Instructor	Location
5:45am-6:45am	RUN GROUP	JENNIFER SNYDER	NORTH LOBBY
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 & CARDIO	BRIAN KELLOGG	GROUP EX STUDIO
11:45am-12:40pm	YOGA	KELLY PUCCIA	GROUP EX STUDIO
4:30pm-5:10pm	HIGH INTENSITY INTERVALS	SHELBY KIETEVELES	GROUP EX STUDIO
5:15pm-5:55pm	POUND	ALYSSA BARTLETT	GROUP EX STUDIO
6:00pm-6:55pm	BARRE	ALI OLSEN	GROUP EX STUDIO
THURSDAY			
Time	Class Name	Instructor	Location
6:00am-6:45am	TOTAL BODY STRENGTH	SARA LINNERTZ	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	BRIAN KELLOGG	GROUP EX STUDIO
5:30pm-6:25pm	ZUMBA	EBONY PENGEL	GROUP EX STUDIO
6:45pm-7:40pm	YOGA	JOAN DEYLE	GROUP EX STUDIO
FRIDAY			
Time	Class Name	Instructor	Location
8:00am- 8:55am	HIGH INTENSITY INTERVALS	DEBBIE SINDONE	GROUP EX STUDIO
9:30am-10:25am	CHAIR YOGA	TAMARA ABULEIL	GROUP EX STUDIO
10:45am-11:40am	ZUMBA GOLD	EBONY PENGEL	GROUP EX STUDIO
11:45am-12:40pm	YOGA	JOAN DEYLE	GROUP EX STUDIO
SATURDAY			
Time	Class Name	Instructor	Location
8:15am-9:10am	TOTAL BODY STRENGTH	TRACY VANBROCKLIN/KAREN IAMAIO	GROUP EX STUDIO
9:30am-10:25am	ZUMBA/POUND – Rotates Every Other Week	EBONY PENGEL/ASHLEY WHITING	GROUP EX STUDIO
10:30am-11:25am	GENTLE YOGA	JOAN D/VIRGINIA M/PAUL F/DENISE M	GROUP EX STUDIO
SUNDAY			
Time	Class Name	Instructor	Location
9:00am-9:55am	STRENGTH & CARDIO	DEBBIE SINDONE/SHELBY KIETEVELES	GROUP EX STUDIO