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Water Schedule

Effective October 26-December 23

YWCA IS ON A MISSION

Everything on the Water Schedule is included in the monthly Water Package except for Family Swim. If you have the Land & Water Combo Package, you also get everything on the Land Schedule! See other side for descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap & Leisure 7:30-8:30a		**Lap & Leisure** 7:30-8:30a		**Lap & Leisure** 7:30-8:30a	
Water Works *Meryl* **8:30-9:30a**		**Water Works** *Meryl* **8:30-9:30a**		**Water Works** *Meryl* **8:30-9:30a**	**Lap & Leisure** **8:30-9:30a**
Splash *Meryl* **9:30-10:30a**		**Splash** *Meryl* **9:30-10:30a**		**Splash** *Meryl* **9:30-10:30a**	
Joint Venture *Meryl* **10:30-11:30a**	**Water Waves** *Betsy* **10:30-11:30a**	**Joint Venture** *Meryl* **10:30-11:30a**	**Tide & Tone** *Betsy* **10:30-11:30a**	**SilverSneakers® Splash** *Meryl* **10:30-11:30a**	
Lap & Leisure 11:30a-12:30p	**Lap & Leisure** 11:30a-12:30p	**Lap & Leisure** 11:30a-12:30p	**Lap & Leisure** 11:30a-12:30p	**Lap & Leisure** 11:30a-12:30p	**Family Swim*** 12:00-1:00p
Lap & Leisure 5:00-7:00p	**Joint Venture** *Meryl* **5:00-6:00p**		**Joint Venture** *Meryl* **5:00-6:00p**	**Lap & Leisure** **5:00-6:00p**	
	Lap & Leisure 6:00-7:00p	**Lap & Leisure** 6:00-7:00p	**Lap & Leisure** 6:00-7:00p	**Family Swim*** 6:00-7:00p	

LOCKER ROOMS

Basement	Men's locker room
1st Floor	Women's locker room
	Accessible all-gender changing room & shower
2nd Floor	Women's locker room

All locker rooms include showers and changing stalls and are elevator accessible. Ask the front desk about locker rentals!

POOL RENTALS

Book your next party with us!

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Water Descriptions

YWCA IS ON A MISSION

Joint Venture: Develop muscular strength, endurance, balance, and coordination in a warm-water pool. Follows the Arthritis Foundation Guidelines.

Lap & Leisure: You can swim in our warm water with your friends or solo.

SilverSneakers® Splash: A fun, shallow-water exercise class where you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

Splash: A high-energy aerobic workout for over 30 minutes. Includes samples of HIIT (high intensity interval training) and Tabata. Toning exercises are done in the shallow and deep end.

Water Waves: A medium intensity full body 30 - minute aerobic workout to music followed by muscle toning and a stretching warm down. Toning exercises are done in the shallow end of the pool.

Water Works: A light 30-minute aerobic workout followed by muscle toning exercises in the shallow and deep end.

Tide & Tone: A medium intensity class designed to strengthen the body using water resistance and stretching. Helps to improve balance, core strength, and overall muscle toning. Exercises will be taught in the shallow end of the pool and coordinated with equipment, noodles, dumbbells and without.

FAMILY SWIM

Bring the whole crew down for a splash at the pool! All ages are welcome.

Family Swim is a special program offered seasonally during the fall and spring trimesters and is separate from the Wellness Packages. See drop-in rates below.

Member	Guest
$7.21/visit credit $7.00/visit cash	$9.27/visit credit $9.00/visit cash

ALL DROP-IN RATES

SPECIALTY PROGRAMS

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Land Schedule

Effective November 2-December 23

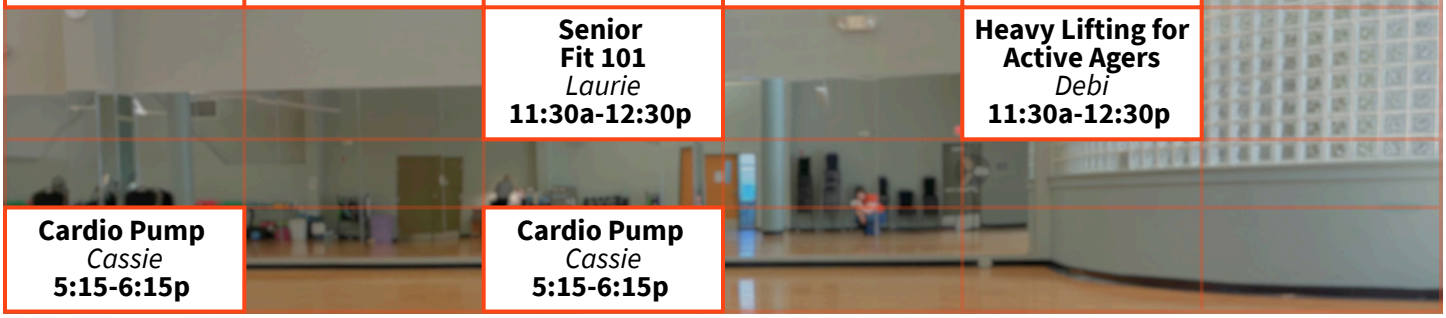
YWCA IS ON A MISSION

Everything on the Land Schedule is included in the monthly Land Package. If you have the Land & Water Combo Package, you get everything on this schedule and everything on the Water Schedule! Class descriptions are available at the front desk and on our website.

STRENGTH & CARDIO

All programs take place in the Multipurpose Room.

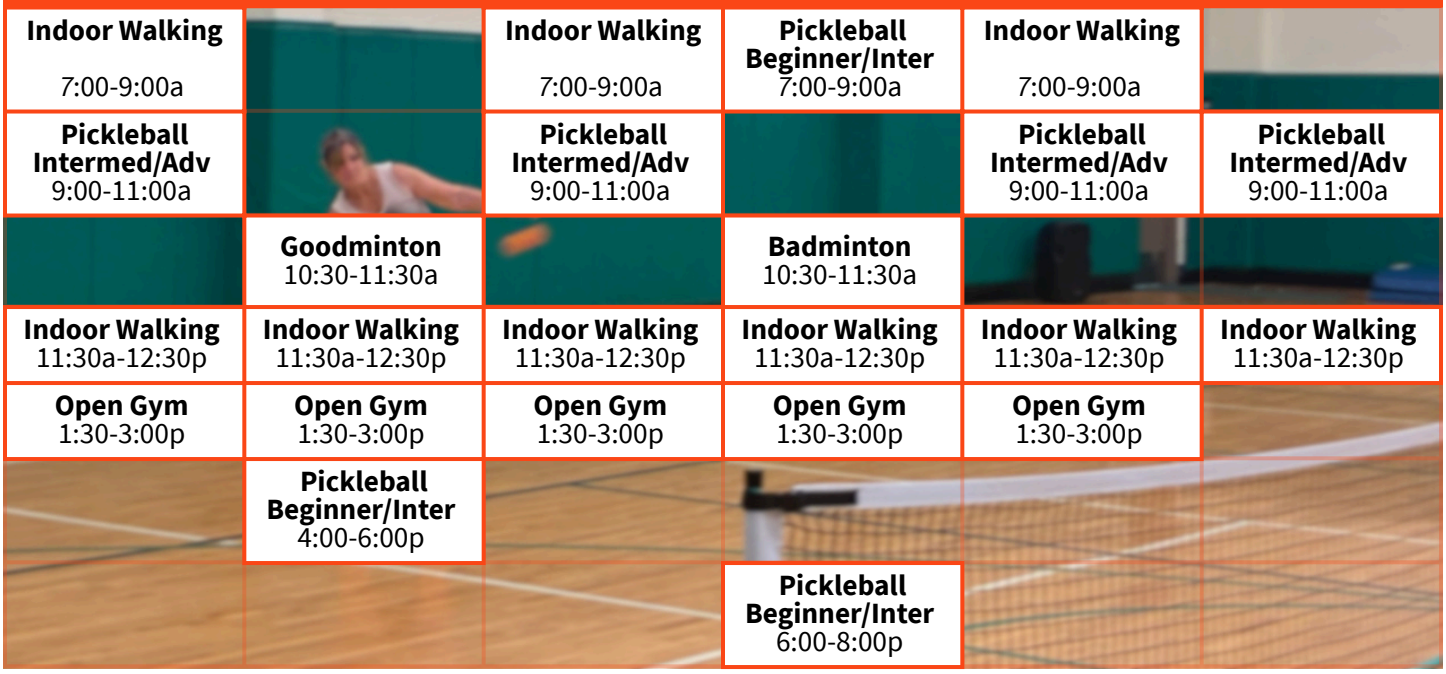
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mash-up Monday *Laurie* **9:00-10:00a**	**Functional Motion** *Cindy* **9:00-10:00a**	**Kickboxing** *Laurie* **9:00-10:00a**	**Balanced & Strong** *Cindy* **9:00-10:00a**	**Get Fit Fridays** *Rotating Instructor* **9:00-10:00a**	**Your Weekend Workout** *Rotating Instructor* **9:00-10:00a**
Boomer Nation *Laurie* **10:15-11:15a**	**SilverSneakers® Classic** *Laurie* **10:30-11:30a**	**Boomer Nation** *Laurie* **10:15-11:15a**	**SilverSneakers® Classic** *Laurie* **10:30-11:30a**	**SilverSneakers® BOOM MOVE** *Betsy* **10:15-11:15a**	
		Senior Fit 101 *Laurie* **11:30a-12:30p**		**Heavy Lifting for Active Agers** *Debi* **11:30a-12:30p**	
Cardio Pump *Cassie* **5:15-6:15p**		**Cardio Pump** *Cassie* **5:15-6:15p**			



GYM & RECREATION

All programs take place in the gym and are participant led.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Walking 7:00-9:00a		**Indoor Walking** 7:00-9:00a	**Pickleball Beginner/Inter** 7:00-9:00a	**Indoor Walking** 7:00-9:00a	
Pickleball Intermed/Adv 9:00-11:00a		**Pickleball Intermed/Adv** 9:00-11:00a		**Pickleball Intermed/Adv** 9:00-11:00a	**Pickleball Intermed/Adv** 9:00-11:00a
	Goodminton 10:30-11:30a		**Badminton** 10:30-11:30a		
Indoor Walking 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p	**Indoor Walking** 11:30a-12:30p
Open Gym 1:30-3:00p	**Open Gym** 1:30-3:00p	**Open Gym** 1:30-3:00p	**Open Gym** 1:30-3:00p	**Open Gym** 1:30-3:00p	
	Pickleball Beginner/Inter 4:00-6:00p				
			Pickleball Beginner/Inter 6:00-8:00p		



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Land Schedule

Effective November 2-December 23

YWCA IS ON A MISSION

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MIND BODY & SPIRIT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gentle Yoga *Kaelee* **7:30-8:30a** Wellness Room			
	Tai Chi for Life *Betsy* **9:00-10:00a** Wellness Room		**Restorative Yoga** *Brenna* **9:00-10:00a** Wellness Room		
Mobility Fusion *Debi* **10:15-11:15a** Wellness Room					
			Tai Chi Community *Participant Led* **12:00-1:00p** Wellness Room	**Crafting Community** *Participant Led* **12:00-1:00p** Osborn Room	
Yin Yoga *Brenna* **4:00-5:00p** Wellness Room					
			Barre Pilates *Courtney* **5:15-6:15p** Wellness Room	**Mat Pilates** *Courtney* **5:15-6:15p** Wellness Room	
		Barre Pilates *Courtney* **6:00-7:00p** Wellness Room			

WEIGHT ROOM

The weight room will stay open through December 31 except during building closures.

We have certified personal trainers! A free orientation is also available for those new to using gym equipment.

Monday-Thursday	**7AM-8PM**
Friday	**7AM-7PM**
Saturday	**8AM-2PM**

DROP-IN RATES

SPECIALTY PROGRAMS

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Land Descriptions

YWCA IS ON A MISSION

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STRENGTH & CARDIO

Balanced & Strong: Cardio-focused class featuring side-to-side motions, single-leg work, and centering exercises to improve balance, build strength, and enhance stability. Steppers and BOSU ball equipment are added with coordination.

Boomer Nation: Lower-intensity aerobics class focused on functional fitness, balance, and core strength. Use mats, steppers, light weights, and resistance bands to build mobility, stability, and overall strength.

Cardio Pump: Medium to high-intensity cardio class using mats, steppers, weights, and fitness balls to tone muscles, build endurance, and burn calories.

Functional Motion: Full-body class focused on strengthening, toning, flexibility, and balance to support everyday activities. Using a variety of equipment and short bursts of cardio, participants improve mobility and overall functional fitness.

Get Fit Fridays: Combines step aerobics and muscle conditioning to build strength, stamina, and coordination through upbeat, full-body movement.

Heavy Lifting for Active Agers: Strength class using mats, hand weights, barbells, and steppers. Build and maintain muscle safely. Lift at your own pace with low repetitions and longer rests.

Kickboxing: High-energy class combining punches, kicks, and muscle conditioning using steppers and light weights to improve coordination, balance, and mobility through dynamic, full-body movement.

Mash-up Monday: High-energy class featuring a different workout each week, from step and kickboxing to hi-lo and conditioning.

SilverSneakers® BOOM MOVE: A fun, dance-inspired workout. The class improves cardio fitness with easy-to-follow moves and energizing music.

SilverSneakers® Classic: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Senior Fit 101: Start your fitness program with the basics of strength training, joint flexibility and movement. Feel free to use a chair for added support if needed.

Your Weekend Workout: Fun cardio class featuring 80's and 90's music. We'll try a different workout each week, sometimes with props and sometimes without.

GYM & RECREATION

Indoor Walking Challenge: Get your steps in, stay accountable, and connect with others in a climate-controlled environment, on stable ground, all year long! Free and open to the public.

Pickleball: For competitive players to get a few good rounds of play in! Beginner, intermediate, and advanced players are welcome to play here. Registration required: email info@cortlandywca.org.

Goodminton: Come play a fun, easy racket game designed for all ages. It's perfect for introducing children to racket sports and offers low-impact playing for adults. No nets needed, set your own boundaries.

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Land Descriptions

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GYM & RECREATION CONTINUED

Badminton: Stay active by playing a fast-paced racket sport and improve your fitness and coordination in a fun environment. All levels are welcome.

Open Gym: Whether you're shooting hoops, kicking a ball around, or getting your steps in, we provide a flexible space and a variety of equipment. Please return equipment after use and have fun!

MIND BODY & SPIRIT

Barre Pilates: Low-impact, high-intensity class blending the precision of Pilates with the flow of ballet. Using the barre and a mat, you'll build strength and tone muscles to improve posture, increase endurance, and boost confidence.

Crafting Community: Bring Your Own Crafts! This is a creative hour for you to relax, share inspiration, and learn from one another how to knit, bead, do embroidery, or anything else you can think of.

Gentle Yoga: Flow class featuring gentle movement, breathing, and supportive props designed to help you ease into your day with accessible movement, relaxation, and a calm mind.

Restorative Yoga: Slow, deeply relaxing class using blocks, bolsters, and blankets to support the body. You'll release tension and improve flexibility.

Mat Pilates: Low-impact class using mats and balls to build core strength, improve posture, enhance flexibility, and boost coordination. Through controlled movements and mindful breathing, you'll increase balance, stability, and muscle tone.

Mobility Fusion: High-intensity class with full-body exercises like squats and planks that work muscles to fatigue while building strength, endurance, and balance.

Tai Chi Community: Student-led class offering a supportive space to practice flowing, mindful Tai Chi. Intermediate-level participants work together to recite and refine body sequences that promote balance, focus, and overall well-being.

Tai Chi for Life: Gentle, Sun-style Tai Chi class designed to support those with arthritis and and to help prevent falls. Each session builds on the last, combining demonstration, group practice, and Tai Chi philosophy to help you learn the form with confidence.

Yin Yoga: Seated meditative yoga poses used for cooling muscles, tendons, fascia, and ligaments. A calming class where you'll hold poses for extended periods of time and learn breathing techniques for stress reduction.

Updated 10/12/2026