



Skaneateles YMCA Outdoor Small Group Fitness Class Schedule (August)

Monday

7:00am- 8:00am Cycle with Mary

8 max participants- sidewalk front right

8:30am - 9:30am Vinyasa Flow Yoga with Deb

20 max participants - back of building closer to austin park

9:45am-10:30am Chair Yoga with Deb

**10 max participants - back of building closer to austin park
(chairs will be provided)**

10:00am- 11:00am Tai Chi with Mike

15 max participants - far right front lawn

Tuesday

9:15am-10:15am Moving to Music with Carol

15 max participants - back of building first concrete area

6:50pm-7:45pm High Fitness with Meredith

8 max participants - right front of building concrete

Wednesday

9:00am-10:00am Pilates with Jen R (no class August 28)

20 max participants- back of building closer to austin park

4:30pm-5:30pm Gentle Yoga with Cassidy

20 max participants - back of building closer to austin park

5:30pm-6:00pm Cycle with Rachel

8 max participants - sidewalk front right

Thursday

7:00am-7:45am Cycle with Kathy

8 max participants- sidewalk front right

9:15am-10:15am Moving to Music with Carol
15 max participants - back of building first concrete area

5:15pm-6:00pm High Fitness with Kristen
15 max participants - back of building concrete

Friday

9:15am- 10:15am Barefoot Strength and Flow with Eliza (no class August 21)
15 max participants - back of building closer to austin park