



**Welcome to the Virtual Y Zoom exercise classes - FREE
SKANEATELES YMCA August**

Monday

8:00am Barefoot Strength & Motion - Stacey

[Join Zoom Meeting:](#) Meeting ID 995 3504 8387, Password 152204

8:45am-9:30am Water on Land- Kay

[Email Kay for zoom information](#)

9:45am Prime Time- Kay

[Email Kay for zoom information](#)

Tuesday

6:30am Body weight burn 360- Holly

[Join Zoom Meeting:](#) Meeting ID 975 9963 1566, Password 554237

8:45am-9:30am Water on Land- Kay

[Email Kay for zoom information](#)

Wednesday

7:30am Core & More- Kay

[Join Zoom Meeting:](#) Meeting ID 931 4304 8434, Password 007742

8:45am-9:30am Water on Land- Kay

[Email Kay for zoom information](#)

9:45am Prime Time- Kay

[Email Kay for zoom information](#)

Thursday

6:30am Cardio and Strength- Holly

[Join Zoom Meeting:](#) Meeting ID 981 5978 4968, Password 299200

8:30am Vinyasa Yoga Flow - Deb

[Join Zoom Meeting:](#) Meeting ID 926 3343 3630, Password 933054

8:45am-9:30am Water on Land- Kay

[Email Kay for zoom information](#)

Friday

7:00am Body weight burn 360- Holly

[Join Zoom Meeting](#): Meeting ID 970 1117 6267, Password 492006

8:45am-9:30am Water on Land- Kay

[Email Kay for zoom information](#)

9:45am Prime Time- Kay

[Email Kay for zoom information](#)