



**Skaneateles YMCA Outdoor Small Group Fitness Class Schedule
(September)**

Monday

7:30am-8:30am Pilates with Colleen

20 max participants - back of building

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 - front of building far right lawn

5:15pm- 6:00pm High Fitness with Kristin

8 max participants - back of building concrete

Tuesday

7:30am-8:15am cycle- Kathy

8 max participants - front of the building

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

15 max participants - back of building first concrete area

10:30am-11:30am Interval Circuits with Stephen (starts September 22)

8 max participants - back of the building first concrete area

5:15pm- 6:15pm High Fitness with Meredith

8 max participants - right front of building concrete

Wednesday

10:30am-11:30am Yoga Tone with Chris

20 max participants - back of the building

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

6:30pm-7:30pm Zumba with Carmen

15 max participants- concrete front of building

Thursday

7:30am- 8:15am 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

6:15pm-7:15pm Zumba with Laurie M.

15 max participants - front of the building concrete

Friday

9:15am- 10:15am Zumba Tone with Mandy

15 max participants - back of building closer to austin park

10:30am- 11:30am Tone, Core and Stretch with Eliza

15 max participants - back of building concrete/grass