



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

**Monday**

8:00am-8:45am Barefoot Strength and Motion

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

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

[Email Kay for zoom information](#)

9:45am-10:45am Prime Time- Kay

[Email Kay for zoom information](#)

**Tuesday**

6:30am-7:30am 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**

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

[Email Kay for zoom information](#)

9:45am-10:45am Prime Time- Kay

[Email Kay for zoom information](#)

**Thursday**

8:00am-8:45am Barefoot Strength and Motion

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

6:30am-7:30am Body weight burn 360- Holly

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

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

[Email Kay for zoom information](#)

**Friday**

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

[Email Kay for zoom information](#)

9:45am Prime Time- Kay

[Email Kay for zoom information](#)