



GROUP EXERCISE SCHEDULE

November 2020

MONDAY

9:45am-10:45am	Prime Time *	Kay	Studio B
10:00am-11:00am	Tai Chi	Mike	Studio A
10:15am-11:00am	High Fitness	Meredith	Gym
5:30pm-6:30pm	Cycle	Shannon	Mezz

TUESDAY

7:45am-8:30am	Cycle	Kathy	Mezz
9:15am-10:15am	Movin to Music*	Carol	Studio B
10:15am-11:00am	Strength Training	Helen	Studio A

WEDNESDAY

9:00am -10:00am	Interval Training	Stephen	Studio A
9:45am-10:45am	Prime Time*	Kay	Studio B
10:00am- 11:00am	Yoga Tone	Chris	Gym
5:00pm- 6:00pm	Zumba®	Laurie	Studio A

THURSDAY

8:30am-9:30am	Vinyasa Yoga Flow	Deb	Studio A
9:15am-10:15am	Movin to Music*	Carol	Studio B
9:45am-10:30am	Chair Yoga	Deb	Studio A
10:45am -11:45am	Interval Training	Stephen	Studio A

FRIDAY

9:45am-10:45am	Prime Time*	Kay	Studio B
10:30am-11:30am	Core, Strength & Stretch	Eliza	Gym

SATURDAY

9:00am-10:00am	Vinyasa Yoga Flow	Stephanie	Studio A
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COMMIT TO BE FIT

October 19-November 21

Monday/Wednesday 6:00am-7:00am

Saturday 7:30am-8:30am

***registration required* *additional fee ***



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Skaneateles YMCA & Community Center

97 State Street, Skaneateles NY 13152

315-685-2266

auburnymca.org/skaneateles

Contact: helen@auburnymca.net or eliza@auburnymca.net

Facility Hours:

Monday-Thursday 5:30am-7:00pm

Friday 5:30am-6:00pm

Saturday 7:00am- 12:00pm

Sunday CLOSED

Class Locations

Studio A - Main Group Exercise Room, 2nd Floor

Studio B - Group Exercise Room B, 2nd Floor

Gym – Basketball Courts

Mezzanine – Upper open area top of stairs

Registration is REQUIRED, limited capacity and masks MUST be worn in the building and during class. Mats will not be provided. Please ask instructor if there is any equipment you can bring from home to use.

Group exercises classes are offered for ages 16+ or 12-15 with adult (18+) supervision.