



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

Monday

**9:15am-10:15am High Low Fitness- Kristin
15 max participants- right front of the building**

Tuesday

**8:00am-8:45am cycle- Kathy
8 max participants - front of the building**

**5:15pm- 6:15pm High Fitness with Meredith
8 max participants - right front of building concrete**

Wednesday

**10:00am- 11:00am Yoga Tone with Chris
20 max participants - back of the building**

**10:30pm-11:30pm Zumba with Carmen
15 max participants- concrete right front of building**

**5:30pm-6:00pm Cycle with Rachel
8 max participants - sidewalk front right**

Thursday

**8:00am- 8:45am Cycle with Kathy
8 max participants- sidewalk front right**

**8:30am - 9:30am Vinyasa Flow Yoga with Deb
20 max participants- back of building**

**9:15- 10:15am High Fitness with Kristin
15 max participants - sidewalk front right**

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

15 max participants - back of building

5:15pm- 6:15pm 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

20 max participants - back of building closer to austin park