



Welcome to the Virtual Y Zoom exercise classes
SKANEATELES YMCA November

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

6:00-7:00am 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](#)

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

6:00am-7:00am Body weight burn 360- Holly

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

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Friday

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

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9:45am Prime Time- Kay

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