



**Skaneateles YMCA Indoor (limited capacity and masks worn in class)**

**Group Fitness Class Schedule**

**(October)**

**Monday**

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

**7 max participants- Studio B**

**10:00am- 11:00am Tai Chi with Mike**

**7 max participants- Studio A**

**5:30pm- 6:30pm cycle with Shannon**

**3 max participants - Studio C**

**Tuesday**

**9:15am-10:15am Movin' to Music with Carol**

**7 max participants - Studio B**

**10:30am-11:30am Interval Circuits with Stephen**

**7 max participants - Studio A**

**Wednesday**

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

**7 max participants- Studio B**

**4:30pm-5:30pm Gentle Yoga with Cassidy**

**7 max participants - Studio A**

**Thursday**

**9:15am-10:15am Movin' to Music with Carol**

**7 max participants - Studio B**

**Friday**

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

**7 max participants- Studio B**

**Saturday**

**9:00am-10:00am Vinyasa Flow with Stephanie**

**7 max participants - Studio A**