



Welcome to the Virtual Y Zoom exercise classes
SKANEATELES YMCA January

Monday

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

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

8:45am-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](#)