



GROUP EXERCISE SCHEDULE

January 2021

MONDAY

| | | | |
|-----------------|---------------------|----------|----------|
| 9:45am-10:45am | Prime Time * | Kay | Studio B |
| 10:00am-11:00am | Gentle Yoga | Sandy | Studio A |
| 10:15am-11:00am | High/Low Fitness | Meredith | Gym |
| 5:30pm-6:30pm | Cycle | Shannon | Mezz |

TUESDAY

| | | | |
|-----------------|-------------------|-------|----------|
| 6:00am -7:00am | Cardio Body Flow | Holly | Gym |
| 7:45am-8:30am | Cycle | Kathy | Mezz |
| 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 | Studio A |
| 10:15am-11:00am | High/Low Fitness | Meredith | Gym |
| 4:30pm- 5:30pm | Zumba® | Laurie | Studio A |

THURSDAY

| | | | |
|------------------|-----------------------|---------|----------|
| 7:45am-8:15am | Cycle | Mary | Mezz |
| 8:30am-9:30am | Vinyasa Yoga Flow | Deb | Studio A |
| 9:15am-10:15am | Dynamic Aging* | Stephen | Studio B |
| 9:45am-10:30am | Chair Yoga | Deb | Studio A |
| 10:45am -11:45am | Interval Training | Stephen | Studio A |

FRIDAY

| | | | |
|-----------------|----------------------|--------|----------|
| 7:00am -8:00am | 360 Body weight | Holly | Studio A |
| 9:00am- 10:00am | Zumba® | Laurie | Studio A |
| 9:45am-10:45am | Prime Time* | Kay | Studio B |
| 10:30am-11:30am | Core, Tone & Stretch | Eliza | Gym |

SATURDAY

| | | | |
|----------------|-------------------|-----------|----------|
| 7:45am-8:45am | Vinyasa Yoga Flow | Stephanie | Studio A |
| 9:00am-10:00am | Cycle | Shannon | Mezz |

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.