



GROUP EXERCISE SCHEDULE

May 2021

MONDAY

9:45am-10:45am	<i>Prime Time</i> *	Kay	Studio B
9:10am-10:00am	High/Low Fitness	Meredith	Gym
10:00am-10:45am	Morning Meditation	Joe S	Studio A
4:15pm- 5:15pm	Zumba®	Laurie	Studio A
5:30pm-6:30pm	Cycle	Shannon	Mezz

TUESDAY

7:45am-8:30am	Cycle	Kathy	Mezz
9:00am-10:00am	Tai Chi	Mike	Studio A
10:15am-11:00am	Strength Training	Helen	Studio A

WEDNESDAY

9:10am-10:00am	High/Low Fitness	Meredith	Gym
9:45am-10:45am	<i>Prime Time</i> *	Kay	Studio B
10:00am- 10:50am	Yoga Tone	Chris	Studio A
4:30pm- 5:30pm	Zumba®	Laurie	Studio A

THURSDAY

7:45am-8:30am	Cycle	Mary	Mezz
8:30am-9:30am	Vinyasa Yoga Flow	Deb	Studio A
9:15am-10:15am	High Fitness	Kristin	Outdoors
9:45am-10:30am	Chair Yoga	Deb	Studio A
10:15am-11:00am	Pilates & Strength	Helen	Studio B
5:30pm-6:30pm	Cycle	Shannon	Mezz

FRIDAY

9:00am- 10:00am	Zumba®	Carmen	Studio A
9:45am-10:45am	<i>Prime Time</i> *	Kay	Studio B
10:30am-11:30am	Core, Tone & Stretch	Eliza	Gym

SATURDAY

9:00am-10:00am	Vinyasa Yoga Flow	Stephanie	Studio A
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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-8:30pm

Friday 5:30am-6:00pm

Saturday 7:00am- 2:00pm

Sunday 12:00pm-4:00pm

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.