



Pool Fitness Schedule October

Effective Dates:
2 - 30 October

Monday					Thursday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
7:30a	8:20a	Shallow Fitness	Mary Kay	Leisure Pool	7:30a	8:20a	Shallow Fitness	Mary Kay	Leisure Pool
8:30a	9:20a	Deep Fitness	Kay	Comp Pool	8:30a	9:20a	Deep Fitness	Kay	Comp Pool
Tuesday					Friday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
8:30a	9:20a	Deep Fitness	Kay	Comp Pool	8:30a	9:20a	Deep Fitness	Kay	Comp Pool
Wednesday					Saturday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
7:30a	8:20a	Shallow Fitness	Mary Kay	Leisure Pool					
8:30a	9:20a	Deep Fitness	Kay	Comp Pool	Start	End	Class	Instructor	Location
9:30a	10:15a	Aqua Zumba	Aline	Leisure Pool					
					Sunday				

Class Locations

- Studio A - Main Group Exercise Room, 2nd Floor
- Studio B - Group Exercise Room, 2nd Floor, Ice Rink Side
- Yellow Room - Cycle Room, 2nd Floor, Fitness Center Side
- Gym - Basketball Courts
- Mezzanine - 2nd Floor, Top of Stairs

Limited capacity and masks MUST be worn in the building and during class if not vaccinated.
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.

Skaneateles YMCA & Community Center

97 State Street, Skaneateles, NY 13152
315-685-2266

auburnymca.org/skaneateles

Contact: markk@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