



# Group Exercise Schedule October

Effective Dates:  
2 - 30 October

Monday					Thursday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
6:15a	7:00a	Boot Camp	Jayme	Gym	7:45a	8:30a	Cycle	Mary	Mezz/outside
9:15a	10:00a	HIIT	Jayme	Gym	8:30a	9:30a	Vinyasa Yoga	Deb D	Studio A
9:45a	10:45a	<b>Prime Time</b>	Kay	Studio B	9:45a	10:30a	Suspension Training	Jayme	Mezz
9:30a	10:15a	Morning Meditation	Joe S	Studio A	9:45a	10:30a	Chair Yoga	Deb D	Studio B
10:30a	11:30a	Zumba®	Lauri W / Diane	Studio A	10:30a	11:15a	Strength Training	Tanner	Studio A
11:45a	12:30p	Core, Stretch & Tone	Jayme	Studio A	11:30a	12:30p	SMR	Mark	Studio A
4:30p	5:30p	Zumba®	Laurie	Studio A	4:00p	5:00p	High/Low Fitness	Meredith	Gym
5:30p	6:30p	Cycle	Shannon	Mezz/outside	5:30p	6:30p	Cycle	Shannon	Mezz/outside
Tuesday					Friday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
7:45a	8:30a	Cycle	Kathy	Mezz/outside	6:15a	7:00a	Boot Camp	Jayme	Gym
9:00a	10:00a	Tai Chi	Mike	Studio B	9:15a	10:00a	HIIT	Jayme	Gym
9:15a	10:00a	Suspension Training	Jayme	Mezz	7:15a	8:00a	Pilates	Jennifer	Studio A
9:10a	9:55a	High/Low Fitness	Meredith	Mezz	9:45a	10:45a	<b>Prime Time</b>	Kay	Studio B
10:15a	11:00a	Strength Training	Tanner	Studio A	10:30a	11:15	Stretch & Tone	Wendy	Cycle Room
11:30a	12:30p	Low Back Health	Mark	Studio A	10:30a	11:30a	Zumba®	Carmen	Studio A
3:00p	3:45p	Chair Yoga (19 Oct)	Deb D	Studio B	11:45a	12:30p	Core, Stretch & Tone	Jayme	Studio A
4:00p	5:00p	HIIT	Jayme	Gym	Saturday				
Wednesday					Start	End	Class	Instructor	Location
Start	End	Class	Instructor	Location	9:00a	10:00a	Barre	Bradley	Studio B
6:15a	7:00a	Boot Camp	Jayme	Gym	10:15a	11:15a	Vinyasa Yoga	Stephanie	Studio A
8:30a	9:30a	Vinyasa Yoga	Deb S	Studio A	Start	End	Class	Instructor	Location
9:45a	10:30a	Strength	Jayme	Gym	Sunday				
9:45a	10:45a	<b>Prime Time*</b>	Kay	Studio B	12:15p	1:15p	Slow Yoga	Marie	Studio A
11:45a	12:30p	Core, Stretch & Tone	Jayme	Studio A					
4:30p	5:30p	Zumba®	Laurie	Studio A					

### 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](http://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



# 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.

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### Facility Hours

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Friday 5:30am - 6:00pm

Saturday 7:00am - 2:00pm

Sunday 12:00pm - 4:00pm