



Group Exercise Schedule November

Effective Dates:
31 Oct - 30 Nov

| Monday | | | | | Thursday | | | | |
|-----------|--------|---------------------|-----------------|--------------|----------|--------|---------------------|------------|--------------|
| Start | End | Class | Instructor | Location | Start | End | Class | Instructor | Location |
| 6:15a | 7:00a | Boot Camp Battle | Jayme | Gym | 7:45a | 8:30a | Cycle | Mary | Cycle Studio |
| 8:15a | 9:00a | Cycle | Mary | Cycle Studio | 8:30a | 9:30a | Vinyasa Flow Yoga | Deb D | Studio A |
| 9:15a | 10:00a | HIIT | Jayme | Gym | 9:45a | 10:25a | Suspension Training | Jayme | Mezzanine |
| 9:45a | 10:45a | Prime Time | Kay | Studio B | 9:45a | 10:30a | Chair Yoga | Deb D | Studio B |
| 10:15a | 10:45a | Core Blast | Jayme | Mezzanine | 10:30a | 11:15a | Strength Training | Tanner | Studio A |
| 10:30a | 11:30a | Zumba® | Lauri W / Diane | Studio A | 11:30a | 12:30p | Foam Rolling | Mark | Studio A |
| 4:30p | 5:30p | Zumba® | Laurie P | Studio A | 4:00p | 4:45p | High/Low Fitness | Meredith | Studio A |
| 5:30p | 6:30p | Cycle | Shannon | Cycle Studio | 5:30p | 6:30p | Cycle | Shannon | Cycle Studio |
| Tuesday | | | | | Friday | | | | |
| Start | End | Class | Instructor | Location | Start | End | Class | Instructor | Location |
| 7:45a | 8:30a | Cycle Challenge | Kathy | Cycle Studio | 6:15a | 7:00a | Boot Camp Battle | Jayme | Gym |
| 9:00a | 10:00a | Tai Chi | Mike | Studio B | 7:15a | 8:00a | Pilates | Jennifer | Studio A |
| 9:10a | 9:55a | High/Low Fitness | Meredith | Studio A | 8:15a | 9:00a | Gentle Yoga | Marianne | Studio A |
| 9:15a | 10:00a | Suspension Training | Jayme | Mezzanine | 9:15a | 10:00a | HIIT | Jayme | Gym |
| 10:15a | 11:00a | Strength Training | Tanner | Studio A | 10:15a | 10:45a | Core Blast | Jayme | Mezzanine |
| 11:15a | 12:15a | Low Back Health | Mark | Studio A | 10:30a | 11:15a | Prime Time | Wendy | Studio B |
| 3:00p | 3:45p | Chair Yoga | Deb D | Studio B | 10:30a | 11:30a | Zumba® | Carmen | Studio A |
| 5:00p | 5:30p | HIIT | Jayme | Mezzanine | | | | | |
| Wednesday | | | | | Saturday | | | | |
| Start | End | Class | Instructor | Location | Start | End | Class | Instructor | Location |
| 6:15a | 7:00a | Boot Camp Battle | Jayme | Gym | 8:00a | 9:00a | Vinyasa Yoga | Stephanie | Studio A |
| 8:30a | 9:30a | Vinyasa Yoga | Deb S | Studio A | 8:45a | 9:45a | Cycle | Shannon | Cycle Studio |
| 9:45a | 10:30a | Strength | Jayme | Studio A | 9:15a | 10:15a | Barre | Bradley | Studio A |
| 9:45a | 10:45a | Prime Time* | Kay | Studio B | | | | | |
| 10:45a | 11:15a | Core Blast | Jayme | Studio A | | | | | |
| 4:30p | 5:30p | Zumba® | Laurie | Studio A | | | | | |
| 5:45p | 6:45p | Gentile Yoga | Marianne | Studio A | Sunday | | | | |
| | | | | | 10:00a | 11:00a | Slow Flow Yoga | Marie | Studio A |

Class Locations

- Studio A - Main Group Exercise Room, 2nd Floor
- Studio B - Group Exercise Room, 2nd Floor, Ice Rink Side
- Cycle Studio Yellow 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 thru Friday 5:15am - 9:00pm
Saturday & Sunday 7:00am - 6:00pm



Pool Fitness Schedule November

Effective Dates:
2 - 30 October

| Monday | | | | | Thursday | | | | |
|-----------|--------|-----------------|------------|--------------|----------|-------|-----------------|------------|--------------|
| Start | End | Class | Instructor | Location | Start | End | Class | Instructor | Location |
| 7:45a | 8:30a | Shallow Fitness | Mary Kay | Leisure Pool | 7:45a | 8:30a | 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 |
| 7:45a | 8:30a | 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
- Cycle Studio - Yellow Room, 2nd Floor, Fitness Center Side
- Gym - Basketball Courts
- Mezzanine - 2nd Floor, Top of Stairs

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