



Group Exercise Schedule January

Effective Dates:
1-30 January

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
9:15a	10:00a	HIIT	Jayme	Gym	8:30a	9:30a	Vinyasa Flow Yoga	Deb D	Studio A
9:45a	10:45a	Prime Time	Kay	Studio B	9:35a	10:20a	Chair Yoga	Deb D	Studio A
10:15a	10:45a	Core Blast	Jayme	Mezzanine	8:30a	9:15a	Suspension Training*	Jayme	Mezzanine
10:30a	11:30a	Zumba®	Diane/Laurie W	Studio A	9:30a	10:15a	Suspension Training*	Jayme	Mezzanine
5:00p	6:00p	Zumba®	Laurie P	Studio A	10:30a	11:15a	Strength Training	Jayme	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	Thai Chi	Mike	Studio B	7:15a	8:00a	Pilates	Jennifer	Studio A
9:10a	9:55a	High/Low Fitness	Meredith	Studio A	9:15a	10:00a	HIIT	Jayme	Gym
9:15a	10:00a	Suspension Training*	Jayme	Mezzanine	10:15a	10:45a	Core Blast	Jayme	Mezzanine
10:15a	11:00a	Strength Training	Jayme	Studio A	10:30a	11:15a	Prime Time	Wendy	Studio B
11:10a	12:10p	Gentle Yoga	Marianne	Studio A	10:30a	11:30a	Dance Fit	Cassie	Studio A
3:00p	3:45p	Chair Yoga	Deb D	Studio A	7:00p	8:00p	New You Challenge**	Jayme	Gym
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
7:45a	8:30a	Cycle	Mary	Cycle Studio	8:45a	9:45a	Cycle	Shannon	Cycle Studio
8:30a	9:30a	Vinyasa Yoga	Deb S	Studio A	9:15a	10:15a	Barre	Bradley	Studio A
9:45a	10:30a	Strength	Jayme	Studio A	Start	End	Class	Instructor	Location
9:45a	10:45a	Prime Time	Kay	Studio B	Sunday				
10:45a	11:15a	Core Blast	Jayme	Studio A					
5:00p	6:00p	Zumba®	Laurie P	Studio A					
7:00p	8:00p	New You Challenge**	Jayme	Gym					

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

* - Registration required for Suspension

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

** - New Year New You Challenge is paid by registration only