



Pool Fitness Schedule January

Effective Dates:
1 - 30 January

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	9:25a	Deep Fitness	Kay	Comp Pool	8:30a	9:25a	Deep Fitness	Kay	Comp Pool
9:30a	10:15a	Aqua Zumba	Aline	Leisure Pool					
Tuesday					Friday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
8:30a	9:25a	Deep Fitness	Kay	Comp Pool	8:30a	9:25a	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	9:25a	Deep Fitness	Kay	Comp Pool	Start	End	Class	Instructor	Location
					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

* - Registration required for Suspension

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

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