



Group Exercise Schedule - September

Monday					Thursday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
6:15a	7:00a	Boot Camp Battle	Jayne	Gym	5:30a	6:15a	HIIT	Jen	Studio A
7:30a	8:00a	Cycle	Mary	Cycle Studio	6:30a	7:15a	Yogalates	Jen	Studio A
8:00a	9:00a	Yoga	Kathy	Studio B	8:15a	9:00a	Beginner Cycle	Susan	Cycle Studio
8:15a	9:00a	Strength Training	Stephanie Salz	Studio A	8:15a	9:15a	Yoga	Deb D	Studio A
9:15a	10:15a	HIIT & Core	Jayne	Ice Mezzanine	9:30a	10:15a	Chair Yoga	Deb D	Studio A
9:45a	10:45a	Prime Time	Kay	Studio B	10:15a	11:00a	Suspension Training*	Stephanie Salz	Mezzanine
10:30a	11:30a	Zumba®	Diane/Laurie W	Studio A	4:30p	5:15p	Strength Training	Jayne	Studio A
5:00p	6:00p	Zumba®	Laurie P	Studio A	5:30p	6:30p	Cycle	Shannon	Cycle Studio
5:30p	6:30p	Cycle	Shannon	Cycle Studio	7:10p	8:00p	High Fitness	Kristin	Studio A
Tuesday					Friday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
5:30a	6:15a	HIIT	Jen	Studio A	6:15a	7:00a	Boot Camp Battle	Jayne	Gym
6:30a	7:15a	Yogalates	Jen	Studio A	7:15a	8:00a	Pilates	Jennifer	Studio A
7:45a	8:15a	Cycle	Kathy	Cycle Studio	8:15a	9:00a	Strength Training	Stephanie Salz	Studio A
8:25a	9:00a	Yoga	Kathy	Studio A	9:15a	10:15a	HIIT & Core	Jayne	Ice Mezzanine
9:00a	10:00a	Tai Chi	Mike	Studio B	9:45a	10:45a	Prime Time	Susan	Studio B
9:15a	10:00a	Suspension Training*	Laura	Mezzanine	10:30a	11:30a	Dance Fit	Cassie	Studio A
10:00a	11:00a	Strength & Balance Training	Susan	Studio A					
4:30p	5:15p	Strength Training	Jayne	Studio A					
5:30p	6:15p	High/Low Fitness	Meredith	Studio A					
Wednesday					Saturday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
6:15a	7:00a	Boot Camp Battle	Jayne	Gym	8:45a	9:45a	HIIT Cycle	Laura	Cycle Studio
7:30a	8:20a	Pilates	Jen	Studio A	9:15a	10:15a	Barre	Bradley	Studio A
8:30a	9:30a	Yoga	Deb S	Studio A					
9:45a	10:45a	HIIT & Core	Jayne	Ice Mezzanine	Sunday				
9:45a	10:45a	Prime Time	Kay	Studio B	Start	End	Class	Instructor	Location
5:00p	6:00p	Zumba®	Laurie P	Studio A	9:00a	10:00a	Yoga	Stephanie	Studio A
6:15p	7:15p	Yoga	Nickie	Studio A					

Class Locations

Studio A - Main Group Exer Rm, 2nd Fl
 Studio B - Group Exer Rm, 2nd Fl, Ice Rink Side
 Cycle Studio - Yellow Rm, 2nd Fl, Fitn Cntr Side
 Gym - Basketball Court
 Mezzanine 2nd Fl, Top of Stairs

*Registration Required

Facility Hours
 Mon. - Fri. 5:15am - 9:00pm
 Sat. & Sun. 7:00am - 6:00pm

Contact Information

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GROUP FITNESS

CLASS DESCRIPTIONS

BARRE - This class combines the use of the ballet barre, light weights and various props. Classes include highly effective sequences of toning and resistance exercises with an emphasis on the core, glutes and thighs. *ALL LEVELS*

BOOT CAMP - This class isn't for the faint of heart! Using a circuit-style approach, your fitness drill sergeant will use a variety of body-weight exercises to keep your heart rate up and you burning calories. *INTERMEDIATE/ADVANCED*

CYCLE - It's a high energy class on stationary bikes that includes movements and positions associated with hill climbs, sprints and interval training. *ALL LEVELS*

HIGH FITNESS/HIGH LOW FITNESS - Aerobics is back in a hip and unique way, and participants are loving this group fitness revival. It's old school aerobics transformed into a modern, heart pounding, fun, and effective workout. Classes are fun, easy to follow, and choreographed to set you up for success. Whether you're going HIGH or LOW, classes are designed to get you moving and keep you motivated. *ALL LEVELS*

HIIT - Known for its efficient combination of circuits, intervals and tabatas offset by periods of low-intensity recovery, it allows participants to truly go all out! *ALL LEVELS*

PILATES - This program is structured to tone and sculpt your "powerhouse". By utilizing breathing techniques, participants will develop a stronger core while optimizing postural endurance and joint stabilization. *ALL LEVELS*

PRIME TIME - It's a strength and movement-based class for active older adults. Work on balance and stability while having a blast! *BEGINNER/ALL LEVELS*

STRENGTH TRAINING - This class combines traditional strength training with full-body, innovative exercises. *ALL LEVELS*

SUSPENSION TRAINING - For 45 minutes you'll use a training technique designed to utilize the whole body as a single, coordinated system. It's a head to toe workout that will improve strength, balance, flexibility, core and joint stability. *INTERMEDIATE/ADVANCED*

TAI CHI - This ancient form of martial arts will improve balance, agility, strength and coordination and help you to flow through your everyday life. *ALL LEVELS*

ZUMBA/DANCE FIT - These classes fuse together international rhythms and easy to follow low-intensity and high-intensity moves for an interval-style, calorie-burning, dance and fitness party. They will make you smile from your head to your toes! *ALL LEVELS*

YOGA

CHAIR YOGA - Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Just like a regular yoga practice, chair yoga increases flexibility, strength and body awareness. When standing poses are included in a chair yoga class, the chair is used to help with and to improve balance.

BEGINNER/ALL LEVELS

YOGA - Blend of Hatha and Vinyasa Yoga using the breath to slowly and smoothly move from one pose to another, helping bring balance to the body and mind to maximize flexibility and strength. Focus is placed on stretching muscles and working through asanas while deepening the mind-body connection. *ALL LEVELS*

YOGALATES - Yogalates is a mixture of Pilates and yoga. You will get a workout that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. *ALL LEVELS*