



# Pool Fitness Schedule - September

Monday					Thursday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
8:30a	9:25a	Deep Fitness	Kay	Comp Pool	7:45a	8:30a	Shallow Fitness	Mary Kay	Leisure Pool
9:30a	10:15a	Aqua Zumba	Aline	Leisure Pool	8:30a	9:25a	Deep Fitness	Kay	Comp Pool
Tuesday					Friday				
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
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					
					Sunday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location

**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**

97 State St., Skaneateles, NY 13152  
 315-685-2266  
[auburnymca.org/skaneateles](http://auburnymca.org/skaneateles)  
 Contact: jenr@auburnymca.net