



Group Exercise Schedule - November

Monday					Thursday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
6:15a	7:00a	Boot Camp Battle	Jayme	Gym	6:30a	7:15a	Yogalates	Jen	Studio A
8:00a	9:00a	Gentle Yoga	Kathy	Studio A	8:15a	9:15a	Yoga	Deb D	Studio A
9:45a	10:45a	HIIT & Core	Jayme	Gym	8:30a	9:15a	Beginner Cycle **	Susan	Cycle Studio
9:45a	10:45a	Prime Time	Kay	Studio B	9:30a	10:15a	Chair Yoga	Deb D	Studio A
10:30a	11:30a	Zumba®	Diane/Laurie W	Studio A	9:30a	10:15a	Strength Training	Stephanie Salz	Mezzanine
5:00p	6:00p	Zumba®	Laurie P	Studio A	10:30a	11:15a	Suspension Training*	Stephanie Salz	Mezzanine
5:30p	6:30p	Cycle	Shannon	Cycle Studio	4:30p	5:15p	Strength Training	Jayme	Studio A
					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
6:30a	7:15a	Yogalates	Jen	Studio A	6:15a	7:00a	Boot Camp Battle	Jayme	Gym
8:00a	9:00a	Yoga	Kathy	Studio A	7:15a	8:00a	Pilates	Jennifer	Studio A
8:30a	9:15	Beginner Cycle	Susan	Cycle Studio	8:15a	9:00a	Strength Training	Stephanie Salis	Studio A
9:00a	10:00a	Tai Chi	Mike	Studio B	9:45a	10:45a	HIIT & Core	Jayme	Gym
9:10a	9:55a	Retro Cardio	Meredith	Studio A	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	Jayme	Studio A					
Wednesday					Saturday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
6:15a	7:00a	Boot Camp Battle	Jayme	Gym	8:45a	9:45a	HIIT Cycle	Laura/Shannon	Cycle Studio
7:30a	8:15a	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	Jayme	Gym	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
 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

** Susan's Classes will NOT be held on 11/18, 11/20 or 11/25

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
 Contact: jenr@auburnymca.net