



GROUP EXERCISE SCHEDULE

January 2016

MONDAY

6:00am-6:45am	Rev "UP" Cycling 🚴	Nicole	Studio C
6:45am-7:15am	Core Blast	Nicole	Studio A
7:30am-8:25am	Pilates	Colleen	Studio A
8:30am-9:25am	Body Sculpt	Colleen	Studio A
8:45am-9:30am	Cycle Challenge 🚴	Michelle	Studio C
9:30am-10:30am	Barefoot Strength & Motion	Eliza	Studio A
9:30am-10:30am	Chair Yoga*	Jen D.	Studio B
10:45am-11:30am	Prime Time*	Jen D.	Studio B
10:35am-11:35am	Zumba	Laurie	Studio A
4:30pm-5:15pm	Pilates	Helen	Studio A
5:30pm-6:00pm	Cycling Blast 🚴	Susan	Studio C
5:30pm-6:30pm	Cross Training	Emily	UC
6:00pm-7:00pm	Power Yoga	Judiann	Studio A

TUESDAY

6:00am-7:00am	Rise & Shape	Mae	Studio A
7:00am-8:30am	Yin Yoga	Joe	Studio A
7:45am-8:30am	Cycle Challenge 🚴	Michelle	Studio C
7:45am-8:30am	Barefoot Strength & Motion	Stacey	Studio B
8:45am-10:00am	Mindful Flow Yoga	Mandy	Studio A
9:00am-9:30am	Cycling Blast 🚴	Stacey	Studio C
9:15am-10:15am	Movin to Music*	Carol	Studio B
9:35am-10:30am	Cardio Kick	Stacey	UC
10:15am-11:00am	Better Body Bootcamp	Farron	Studio A
5:00pm-6:00pm	Vinyasa Yoga Flow	Sue	Studio B
5:45pm-6:45pm	Fiit Workout	Emily	Studio A
7:00pm-8:00pm	Abs Legs Core & More	Dolores	Studio A

WEDNESDAY

5:30am-6:15am	Cycling 🚴	Holly	Studio C
7:30am-8:30am	Cycling - Technique 🚴	Tom	Studio C
7:45am-8:45am	Body Sculpt	Dolores	Studio A
9:00am-9:30am	Cycling Blast 🚴	Susan	Studio C
9:00am-10:15am	Dharma Yoga	Michelle	Studio A
9:30am-10:30am	Prime Time	Stephen	Studio B
10:35am-11:30am	Fiit Workout	Jen D.	Studio A
4:30pm-5:30pm	Strength Core & Balance	Sue	Studio A
5:30pm-6:15pm	Cycle + 🚴	Emily	Studio C
6:00pm-7:15pm	Dharma Yoga	Michelle	Studio A
6:15pm-6:45pm	Body Sculpt	Emily	UC

Class Locations

Studio A - Main Group Exercise Room, 2nd Floor left of stairs
 Studio B - Group Exercise Room B, 2nd Floor over ice rink
 Studio C - Cycling Room, 2nd Floor right of stairs
 UC - Upper Commons, 2nd Floor top of stairs

Group exercises classes are offered for ages 16+ or 12-15 with adult (18+) supervision. If class attendance does not reach minimum participation of six, some classes may be cancelled for current session.

THURSDAY

5:30am-6:15am	Barefoot Strength & Motion	Holly	Studio A
6:00am-7:00am	Rise & Shape	Mae	UC
7:30am-8:45am	Gentle Yoga	Eva	Studio A
9:00am-9:30am	Cycling Blast 🚴	Stacey	Studio C
9:15am-10:15am	Movin to Music*	Carol	Studio B
9:35am-10:20am	Tabata	Stacey	UC
9:35am-10:30am	Strength Core and Balance	Jen D.	Studio A
4:30pm-5:30pm	Zumba	Chris	Studio A
5:30pm-6:30pm	Indo Yoga Flow	Sue	Studio B
5:45pm-6:45pm	Fiit Workout	Holly	Studio A
6:00pm-7:00pm	Cycle Challenge 🚴	Michelle	Studio C
7:00pm-8:00pm	Abs Legs Core & More	Dolores	Studio A

FRIDAY

6:00am-6:45am	Rev "UP" Cycling 🚴	Nicole	Studio C
6:45am-7:15am	Core Blast	Nicole	Studio A
7:00am-8:30am	Yin Yoga	Joe	Studio A
7:45am-8:45am	Cycling + 🚴	Colleen	Studio C
9:30am-10:25am	Mindful Flow Yoga	Eva	Studio A
9:30am-10:30am	Line Dancing*	Mary	Studio B
10:45am-11:30am	Prime Time*	Mary	Studio B
10:30am-11:30am	Zumba	Edelika	Studio A
10:30am-11:15am	Better Body Bootcamp	Farron	UC
5:30pm-6:30pm	Yoga - Core & Flexibility	Pat	Studio A
6:00pm-6:30pm	Cycling Blast 🚴	Emily	Studio C

SATURDAY

8:00am-9:00am	Body Sculpt	Dolores	Studio A
8:00am-9:00am	Cycling - Technique 🚴	Tom	Studio C
9:15am-10:15am	Mindful Flow Yoga	Mandy	Studio A
9:15am-10:15am	Pilates	Elise	Studio B
9:20am-10:20am	Cycling 🚴	Emily	Studio C

SUNDAY

8:00am-9:00am	Yoga - Core & Flexibility	Pat	Studio A
9:20am-10:20am	Cycling 🚴	Emily	Studio C
9:15am-10:15am	Rise and Shape	Sue	Studio A

🚴 Cycling Classes - sign up 24 hours in advance with front desk

**Active Older Adult Classes*



**FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Skaneateles YMCA & Community Center

97 State Street, Skaneateles NY 13152

315-685-2266

auburnymca.org/skaneateles

Contact: helen@auburnymca.net

Facility Hours:

Mon - Fri 5:30am - 9:00pm

Sat & Sun 7:00am - 6:00pm

Child Watch Hours as of:

Mon - Thurs 8:30am-11:30am

5:00pm-7:00pm

Friday 8:30am-11:30am