



GROUP EXERCISE SCHEDULE

October November & December 2015

MONDAY

6:00am-6:45am	Rev "UP" Cycling 🚴	Nicole	Studio C
6:45am-7:15am	Core Blast	Nicole	Studio A
7:30am-8:30am	Pilates	Colleen	Studio A
8:30am-9:00am	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	Yoga Fusion	Courtney	Studio B
9:30am-10:15am	Prime Time <i>Strength & Balance*</i>	Jen D.	UC
10:30am-11:30am	Prime Time*	Jen D.	UC
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	Kickboxing Bootcamp	Renee	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 B
7:45am-8:30am	Cycle Challenge 🚴	Michelle	Studio C
7:45am-8:30am	Barefoot Strength & Motion	Stacey	Studio A
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-10:05am	Cardio Kickboxing	Stacey	UC
10:15am-11:00am	Better Body Bootcamp	Farron	Studio A
4:30pm-5:30pm	Gentle Yoga	Courtney	Studio A
5:45pm-6:45pm	Fiit Workout	Julie	Studio A
7:00pm-8:00pm	Abs Legs Core & More	Dolores	Studio A

WEDNESDAY

5:30am-6:15am	Cycling 🚴	Holly	Studio C
7:45am-8:45am	Cycling - Technique 🚴	Tom	Studio C
7:45am-8:45am	Body Sculpt	Dolores	Studio A
8:30am-9:30am	Yoga Rama	Joe	Studio B
8:50am-9:20am	Pilates	Wendy	Studio A
9:00am-9:30am	Cycling Blast 🚴	Susan	Studio C
9:30am-10:30am	Yoga Fusion	Tracy	Studio A
9:30am-10:15am	Prime Time <i>Strength & Balance*</i>	Wendy	UC
10:30am-11:15am	Fiit Workout	Jen D.	Studio B
10:45am-11:30am	Prime Time*	Wendy	Studio A
4:30pm-5:30pm	Strength Core & Balance	Sue	Studio A
5:30pm-6:30pm	Cycling + 🚴	Emily	Studio C
6:35pm-7:35pm	Yoga Fusion	Courtney	Studio A

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
 Fit Center - Fitness Center, 2nd Floor right of stairs

THURSDAY

5:30am-6:15am	Barefoot Strength & Motion	Holly	Studio A
7:00am-8:00am	UP Lift	Courtney	Fit Center
7:15am-8:30am	Gentle Yoga	Eva	Studio B
7:45am-8:30am	Cycling 🚴	Tracy	Studio C
8:45am-9:30am	Yoga - Building to a Stronger Practice	Courtney	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	Kickboxing Bootcamp	Renee	UC
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 B
7:45am-8:45am	Cycling + 🚴	Colleen	Studio C
8:00am-8:45am	Pilates	Courtney	Studio A
9:30am-10:25am	Mindful Yoga Flow	Eva	Studio A
9:30am-10:15am	Prime Time <i>Strength & Balance*</i>	Mary	UC
10:30am-11:30am	Prime Time*	Mary	UC
10:30am-11:30am	Zumba	Edelika	Studio A
5:30pm-6:30pm	Yoga - Core & Flexibility	Pat	Studio A

SATURDAY

8:00am-9:00am	Mindful Yoga Flow	Mandy	Studio B
8:00am-9:00am	Body Sculpt	Dolores	Studio A
9:15am-10:00am	Pilates	Lisa	Studio A
9:20am-10:20am	Cycling - Technique 🚴	Tom	Studio C
9:30am-10:30am	Indo Yoga Flow	Sue	Studio B

SUNDAY

8:00am-9:00am	Yoga - Core & Flexibility	Pat	Studio A
9:20am-10:20am	Cycling 🚴	Emily	Studio C
9:30am-10:30am	Step and Sculpt	Sue	Studio A

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

*Active Older Adult Classes



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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 as of 10-5-15:

Mon - Fri 5:30am - 9:00pm
 Sat & Sun 7:00am-6:00pm

Child Watch Hours as of 10-5-15:

Mon - Thurs 8:30am-11:30am
 5:00pm-7:00pm
 Friday 8:30am-11:30am