## MANLIUS YMCA GROUP EXERCISE SCHEDULE

NOVEMBER 4th - JANUARY 5, 2025

MONDAY	CLASS	INSTRUCTOR	LOCATION
7:30am to 8:30am	Gentle Yoga *	Julie	Yoga Studio
9:00am to 10:00am	Yoga *	Brian	Yoga Studio
9:30am to 10:30am	Total Body Strength	Elena	Turf Field
12:00pm to 1:00pm	Yoga *	Gyata	Yoga Studio
5:30pm to 6:30pm	Running Group	Jeanne	Manlius Front Door
TUESDAY	CLASS	INSTRUCTOR	LOCATION
8:00am to 9:00am	Strength & Cardio (Bootcamp)	Jill	Turf Field
9:00am to 10:00am	Piloxing	Bryndie	Turf Field
9:00am to 10:00am	Yoga * <b>NEW CLASS</b>	Jessica	Yoga Studio
10:00am to 11:00am	WERQ	Jill	SACC Gym
11:30am to 12:30pm	Yoga *	Jamie	Yoga Studio
6:00pm to 7:00pm	Yoga *	Kristin	Yoga Studio
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Yoga *	Didi	Yoga Studio
9:30am to 10:30am	Total Body Strength	Monika	Turf Field
10:15am to 11:15am	Gentle Yoga *	Jamie	Yoga Studio
THURSDAY	CLASS	INSTRUCTOR	LOCATION
THURSDAY	CLASS Yoga *	INSTRUCTOR Hareen	LOCATION Yoga Studio
9:00am to 10:00am	Yoga *	Hareen	Yoga Studio
9:00am to 10:00am 9:15am to 10:00am	Yoga * High Intensity Intervals	Hareen Elena	Yoga Studio Turf Field
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am	Yoga * High Intensity Intervals WERQ	Hareen Elena Jill	Yoga Studio Turf Field SACC Gym
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am	Yoga * High Intensity Intervals WERQ Gentle Yoga *	Hareen Elena Jill Jessica	Yoga Studio Turf Field SACC Gym Yoga Studio
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm	Yoga * High Intensity Intervals WERQ Gentle Yoga * Zumba	Hareen Elena Jill Jessica Tricia	Yoga Studio Turf Field SACC Gym Yoga Studio SACC Gym
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am	Yoga * High Intensity Intervals WERQ Gentle Yoga *	Hareen Elena Jill Jessica	Yoga Studio Turf Field SACC Gym Yoga Studio
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm 6:00pm to 7:00pm	Yoga * High Intensity Intervals WERQ Gentle Yoga * Zumba Yoga * Class Change	Hareen Elena Jill Jessica Tricia Brian INSTRUCTOR	Yoga Studio Turf Field SACC Gym Yoga Studio SACC Gym Yoga Studio
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm 6:00pm to 7:00pm FRIDAY 9:00am to 10:00am	Yoga * High Intensity Intervals WERQ Gentle Yoga * Zumba Yoga * Class Change CLASS Yoga *	Hareen Elena Jill Jessica Tricia Brian  INSTRUCTOR Didi	Yoga Studio Turf Field SACC Gym Yoga Studio SACC Gym Yoga Studio LOCATION Yoga Studio
9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm 6:00pm to 7:00pm FRIDAY 9:00am to 10:00am 9:30am to 10:30am	Yoga * High Intensity Intervals WERQ Gentle Yoga * Zumba Yoga * Class Change  CLASS Yoga * Total Body Strength	Hareen Elena Jill Jessica Tricia Brian  INSTRUCTOR Didi Elena	Yoga Studio Turf Field SACC Gym Yoga Studio SACC Gym Yoga Studio LOCATION Yoga Studio Turf Field
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9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm 6:00pm to 7:00pm FRIDAY 9:00am to 10:00am 9:30am to 10:30am	Yoga * High Intensity Intervals WERQ Gentle Yoga * Zumba Yoga * Class Change  CLASS Yoga * Total Body Strength	Hareen Elena Jill Jessica Tricia Brian  INSTRUCTOR Didi Elena	Yoga Studio Turf Field SACC Gym Yoga Studio SACC Gym Yoga Studio LOCATION Yoga Studio Turf Field
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9:00am to 10:00am 9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm 6:00pm to 7:00pm FRIDAY 9:00am to 10:00am 9:30am to 10:30am 11:00pm to 12:00pm	Yoga * High Intensity Intervals WERQ Gentle Yoga * Zumba Yoga * Class Change  CLASS Yoga * Total Body Strength WERQ  CLASS	Hareen Elena Jill Jessica Tricia Brian  INSTRUCTOR Didi Elena Margarita  INSTRUCTOR	Yoga Studio Turf Field SACC Gym Yoga Studio SACC Gym Yoga Studio  LOCATION Yoga Studio Turf Field SACC Gym
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## \* REGISTRATION REQUIRED



\*Updated: 10/2/24

ALL PARTICIPANTS MUST BE AT LEAST 8 YEARS IN AGE UNLESS OTHERWISE STATED IN THE DESCRIPTION