

# 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
9:00am to 10:00am	Yoga *	Hareen	Yoga Studio
9:15am to 10:00am	High Intensity Intervals	Elena	Turf Field
10:00am to 11:00am	WERQ	Jill	SACC Gym
10:30am to 11:30am	Gentle Yoga *	Jessica	Yoga Studio
5:30pm to 6:15pm	Zumba	Tricia	SACC Gym
6:00pm to 7:00pm	Yoga * <b>Class Change</b>	Brian	Yoga Studio
FRIDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Yoga *	Didi	Yoga Studio
9:30am to 10:30am	Total Body Strength	Elena	Turf Field
11:00pm to 12:00pm	WERQ	Margarita	SACC Gym
SATURDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Yoga *	Kelly	Yoga Studio
9:15am to 10:00am	WERQ	Tricia	SACC Gym
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Gentle Yoga * <b>Class Change</b>	Jeannette	Yoga Studio

**\* REGISTRATION REQUIRED**



\*Updated: 10/2/24

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