

MANLIUS YMCA GROUP EXERCISE SCHEDULE

JANUARY 6th - MARCH 2, 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 *	Amanda	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
11:30am to 12:30am	Yoga * NEW	Amanda	Yoga Studio

THURSDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Yoga *	Vera	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 *	Amanda	Yoga Studio
5:30pm to 6:15pm	Zumba	Tricia	SACC Gym
5:30pm to 6:30pm	Yoga * NEW TIME	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
10:30am to 11:30am	Gentle Yoga * NEW	Amanda	Yoga Studio

SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Gentle Yoga *	Jeannette	Yoga Studio
10:15am to 11:15am	Yoga * NEW	Hareen	Yoga Studio

* REGISTRATION REQUIRED



*Updated: 12/3/24

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