MANLIUS YMCA GROUP EXERCISE SCHEDULE

JANUARY 6th - MARCH 2, 2025

MONDAY	CL ACC	INCTRUCTOR	LOCATION
MONDAY 7:30am to 8:30am	CLASS Gentle Yoga *	INSTRUCTOR Julie	LOCATION Vaga Studio
9:00am to 10:00am	Yoga *	Brian	Yoga Studio
9:30am to 10:30am	Total Body Strength	Elena	Yoga Studio Turf Field
12:00pm to 1:00pm	Yoga *		Yoga Studio
•	5	Gyata	Manlius Front Door
5:30pm to 6:30pm	Running Group	Jeanne	Maillus Fiorit 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
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THURSDAY	CLASS	INSTRUCTOR	LOCATION
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9:00am to 10:00am	Yoga *	vera	roya Studio
9:00am to 10:00am 9:15am to 10:00am	_	Elena	Turf Field
9:15am to 10:00am	High Intensity Intervals		Turf Field
9:15am to 10:00am 10:00am to 11:00am	High Intensity Intervals WERQ	Elena Jill	Turf Field SACC Gym
9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am	High Intensity Intervals WERQ Gentle Yoga *	Elena Jill Amanda	Turf Field SACC Gym Yoga Studio
9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm	High Intensity Intervals WERQ Gentle Yoga * Zumba	Elena Jill Amanda Tricia	Turf Field SACC Gym Yoga Studio SACC Gym
9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am	High Intensity Intervals WERQ Gentle Yoga *	Elena Jill Amanda	Turf Field SACC Gym Yoga Studio
9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm	High Intensity Intervals WERQ Gentle Yoga * Zumba	Elena Jill Amanda Tricia	Turf Field SACC Gym Yoga Studio SACC Gym
9:15am to 10:00am 10:00am to 11:00am 10:30am to 11:30am 5:30pm to 6:15pm 5:30pm to 6:30pm	High Intensity Intervals WERQ Gentle Yoga * Zumba Yoga * NEW TIME	Elena Jill Amanda Tricia Brian	Turf Field SACC Gym Yoga Studio SACC Gym Yoga Studio
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* REGISTRATION REQUIRED

10:15am to 11:15am Yoga * **NEW**



Jeannette

Hareen

Yoga Studio

Yoga Studio

Gentle Yoga *

*Updated: 12/3/24

9:00am to 10:00am