

**MANLIUS YMCA GROUP EXERCISE SCHEDULE
MARCH 3RD - MAY 4, 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
11:00am to 11:30am	Healthy Back * NEW CLASS	Monika	Yoga Studio
12:00pm to 1:00pm	Yoga *	Gyata	Yoga Studio
5:30pm to 6:30pm	Running Group	Jeanne	Manlius Front Door
TUESDAY	CLASS	INSTRUCTOR	LOCATION
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
8:15am to 9:00am	Cycle * NEW CLASS	Monika	Track
9:00am to 10:00am	Yoga *	Didi	Yoga Studio
9:30am to 10:30am	Total Body Strength	Elena	Turf Field
10:15am to 11:15am	Gentle Yoga *	Jamie	Yoga Studio
11:30am to 12:30am	Yoga *	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 6:30pm	Yoga *	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
10:30am to 11:30am	Gentle Yoga * NEW	Jamie	Yoga Studio
11:00pm to 12:00pm	WERQ	Margarita	SACC Gym
SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:30am to 9:30am	Total Body Strength NEW	Jill	Turf Field
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 *	Amanda	Yoga Studio
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Gentle Yoga *	Jeannette	Yoga Studio
10:15am to 11:15am	Yoga *	Hareen	Yoga Studio

*** REGISTRATION REQUIRED**



*Updated: 2/4/25

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