MANLIUS YMCA GROUP EXERCISE SCHEDULE MARCH 3RD - MAY 4, 2025

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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
THURSDAY 9:00am to 10:00am	CLASS Yoga *	INSTRUCTOR Vera	LOCATION Yoga Studio
9:00am to 10:00am	Yoga *	Vera	Yoga Studio
9:00am to 10:00am 9:15am to 10:00am	Yoga * High Intensity Intervals	Vera 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	Vera Elena Jill	Yoga Studio Turf Field SACC Gym
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* REGISTRATION REQUIRED



*Updated: 2/4/25