



Manlius YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM Yoga Studio	VIRTUAL BODYCOMBAT 45 Mins 6:00AM - 6:45AM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM Yoga Studio	VIRTUAL BODYCOMBAT 45 Mins 6:00AM - 6:45AM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM Yoga Studio	Total Body Strength 8:30AM - 9:30AM Turf	Gentle Yoga 9:00AM - 10:00AM Yoga Studio
Gentle Yoga 7:30AM - 8:30AM Yoga Studio	Strength & Cardio 8:00AM - 9:00AM Turf	Cycle 8:15AM - 9:00AM Track	Yoga 9:00AM - 10:00AM Yoga Studio	Yoga 9:00AM - 10:00AM Yoga Studio	Yoga 9:00AM - 10:00AM Yoga Studio	Yoga 10:15AM - 11:15AM Yoga Studio
Yoga 9:00AM - 10:00AM Yoga Studio	Yoga 9:00AM - 10:00AM Yoga Studio	Yoga 9:00AM - 10:00AM Yoga Studio	H.I.I.T. 9:15AM - 10:15AM Turf	Total Body Strength 9:30AM - 10:30AM Turf	WERQ 9:15AM - 10:00AM SACC Gym	VIRTUAL BODYATTACK 45 Mins 11:30AM - 12:15PM Yoga Studio
Total Body Strength 9:30AM - 10:30AM Turf	Piloxing 9:00AM - 10:00AM Turf	Total Body Strength 9:30AM - 10:30AM Turf	WERQ 10:00AM - 11:00AM SACC Gym	Gentle Yoga 10:30AM - 11:30AM Yoga Studio	Gentle Yoga 10:30AM - 11:30AM Yoga Studio	
Healthy Back 11:00AM - 11:30AM Yoga Studio	WERQ 10:00AM - 11:00AM SACC Gym	Gentle Yoga 10:15AM - 11:15AM Yoga Studio	Gentle Yoga 10:30AM - 11:30AM Yoga Studio	WERQ 11:00AM - 12:00PM SACC Gym	VIRTUAL BODYCOMBAT 45 Mins 12:00PM - 12:45PM Yoga Studio	
Yoga 12:00PM - 1:00PM Yoga Studio	Yoga 11:30AM - 12:30PM Yoga Studio	Yoga 11:30AM - 12:30PM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 2:10PM - 2:55PM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 12:00PM - 12:45PM Yoga Studio		
VIRTUAL BODYCOMBAT 45 Mins 4:30PM - 5:15PM Yoga Studio	Yoga 6:00PM - 7:00PM Yoga Studio	VIRTUAL BODYATTACK 45 Mins 4:30PM - 5:15PM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 4:30PM - 5:15PM Yoga Studio	VIRTUAL BODYCOMBAT 60 Mins 1:00PM - 2:00PM Yoga Studio		
VIRTUAL BODYATTACK 45 Mins 5:30PM - 6:15PM Yoga Studio			Yoga 5:30PM - 6:30PM Yoga Studio	VIRTUAL BODYCOMBAT 45 Mins 5:30PM - 6:15PM Yoga Studio		
VIRTUAL BODYBALANCE 60 Mins 6:30PM - 7:30PM Yoga Studio						

VIRTUAL CLASS

Cycle

A high-energy indoor cycle class that increases muscular and cardiovascular endurance. Classes can include various drills, cardio challenges, climbs and sprints. Options available for all fitness levels.

Gentle Yoga

A more conservative and slower-paced practice that focuses on gently stretching the muscles. Postures are held for longer durations and connected with the breath to help release tension, increase range of motion and focus on alignment. Postures are presented with options to slow down and find ease in your body.

Healthy Back

30 min structured workout session focused on strengthening and stretching the muscles supporting the spine, aiming to prevent back pain and improve flexibility. Promoting proper posture through exercises specially designed for the back, often including core engagement and mind movement patterns.

Strength & Cardio

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. *Option available for all fitness levels.

Total Body Strength

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. *Options available for all fitness levels.

LES MILLS **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS **BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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LES MILLS **BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

Yoga

A balanced class that is both relaxing & invigorating. This

practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. *Options available for all fitness levels.

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