

MANLIUS YMCA GROUP EXERCISE SCHEDULE

MARCH 4 - May 5, 2024

MONDAY	CLASS	INSTRUCTOR	LOCATION
7:30am to 8:30am	Gentle Yoga - NEW!!!	Tess	Yoga Studio
9:00am to 10:00am	Yoga	Tess	Yoga Studio
9:30am to 10:30am	Total Body Strength	Bryndie	Turf Field
12:00pm to 1:00pm	Yoga	Gyata	Yoga Studio
5:30pm to 6:30pm	Running Group	Jeanne	Manlius Front Door
6:45pm to 7:30pm	Power Yoga	Brian	Yoga Studio

TUESDAY	CLASS	INSTRUCTOR	LOCATION
7:00am to 8:00am	Strength & Cardio - STARTS 3/12!!	Jill	Turf Field
9:00am to 10:00am	Piloxing	Bryndie	Turf Field
10:00am to 11:00am	WERQ	Jill	SACC Gym
11:30am to 12:30pm	Yoga	Bodhi	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
12:00pm to 1:00pm	Yoga	Tess	Yoga Studio

THURSDAY	CLASS	INSTRUCTOR	LOCATION
9:00am to 10:00am	Pilates	Hareen	Yoga Studio
9:00am to 10:00am	High Intensity Intervals - NEW!!	Elena	Turf Field
10:00am to 11:00am	WERQ	Jill	SACC Gym
6:00pm to 7:00pm	Power Yoga	Jen R	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
12:00pm to 1:00pm	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

*UPDATED 1/30/2024



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

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