



Manlius YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM Yoga Studio Cycle 8:15AM - 9:00AM Track Yoga 9:00AM - 10:00AM Yoga Studio Total Body Strength 9:30AM - 10:30AM Turf Healthy Back 11:00AM - 11:30AM Yoga Studio Yoga 12:00PM - 1:00PM Yoga Studio VIRTUAL BODYCOMBAT 45 Mins 4:30PM - 5:15PM Yoga Studio VIRTUAL BODYATTACK 45 Mins 5:30PM - 6:15PM Yoga Studio Run Group and Walk To Run 5:30PM - 6:30PM Lobby	VIRTUAL BODYCOMBAT 45 Mins 6:00AM - 6:45AM Yoga Studio Total Body Strength 8:00AM - 8:45AM Turf Yoga 9:00AM - 10:00AM Yoga Studio Piloxing 9:00AM - 10:00AM Turf WERQ 10:00AM - 11:00AM SACC Gym Yoga 11:30AM - 12:30PM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM Yoga Studio Cycle 8:15AM - 9:00AM Track Yoga 9:00AM - 10:00AM Yoga Studio Total Body Strength 9:30AM - 10:30AM Turf Gentle Yoga 10:30AM - 11:30AM Yoga Studio VIRTUAL BODYATTACK 45 Mins 4:30PM - 5:15PM Yoga Studio	VIRTUAL BODYCOMBAT 45 Mins 6:00AM - 6:45AM Yoga Studio Total Body Strength 8:00AM - 8:45AM Turf Yoga 9:00AM - 10:00AM Yoga Studio H.I.I.T. 9:15AM - 10:00AM Turf WERQ 10:00AM - 11:00AM SACC Gym Gentle Yoga 10:30AM - 11:30AM Yoga Studio Pilates 11:00AM - 11:45AM SACC Gym VIRTUAL BODYBALANCE 60 Mins 2:00PM - 3:00PM Yoga Studio VIRTUAL BODYBALANCE 45 Mins 4:30PM - 5:15PM Yoga Studio	VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM Yoga Studio Yoga 9:00AM - 10:00AM Yoga Studio Total Body Strength 9:30AM - 10:30AM Turf Gentle Yoga 10:30AM - 11:30AM Yoga Studio WERQ 11:00AM - 12:00PM SACC Gym VIRTUAL BODYBALANCE 45 Mins 12:00PM - 12:45PM Yoga Studio VIRTUAL BODYCOMBAT 60 Mins 1:00PM - 2:00PM Yoga Studio VIRTUAL BODYCOMBAT 45 Mins 5:30PM - 6:15PM Yoga Studio VIRTUAL BODYBALANCE BEGINNER (old) 6:30PM - 7:00PM Yoga Studio	Total Body Strength 8:30AM - 9:30AM Turf Yoga 9:00AM - 10:00AM Yoga Studio WERQ 9:15AM - 10:00AM SACC Gym Gentle Yoga 10:30AM - 11:30AM Yoga Studio VIRTUAL BODYCOMBAT 45 Mins 12:00PM - 12:45PM Yoga Studio	Pilates 9:00AM - 10:00AM SACC Gym Yoga 10:15AM - 11:15AM Yoga Studio VIRTUAL BODYATTACK 45 Mins 11:30AM - 12:15PM Yoga Studio

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.

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.



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



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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Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.



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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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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