



# Manlius YMCA - Group Fitness Schedule

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