



GROUP EXERCISE CLASS SCHEDULE

Manlius YMCA

March 2nd - May 3rd - 2026

* Indicates Registration Required

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
8:15m-9:00am	Cycle *	Chris	Track
9:00am-10:00am	Yoga *	Brian	Yoga Studio
9:30am-10:30am	Total Body Strength	Elena	Turf
11:00am-11:30am	Healthy Back *	Gyata	Yoga Studio
12:00pm-1:00pm	Yoga *	Gyata	Yoga Studio
5:30pm-6:30pm	Running Group	Jeanne	Lobby
TUESDAY			
8:00am-8:45am	Total Body Strength	Chris	Turf
9:00am-10:00am	Piloxing	Bryndie	Turf
9:00am-10:00am	Yoga *	Jamie	Yoga Studio
10:00am-11:00am	WERQ	Jill	SACC Gym
5:30pm-6:15pm	Les Mills BODYBALANCE *	Terri	Yoga Studio
WEDNESDAY			
8:15am-9:00am	Cycle *	Monika	Track
9:00am-10:00am	Yoga *	Didi	Yoga Studio
9:30am-10:30am	Total Body Strength	Elena	Turf
10:30am-11:30am	Gentle Yoga *	Jamie	Yoga Studio
THURSDAY			
8:00am-8:45am	Total Body Strength	Chris	Turf
9:00am-10:00am	Yoga *	Vera	Yoga Studio
9:15am-10:00am	HIIT	Elena	Turf
10:00am-11:00am	WERQ	Jill	SACC Gym
10:30am-11:30am	Gentle Yoga *	Jamie	Yoga Studio
11:00am-11:45am	Pilates	Talisa	SACC Gym
FRIDAY			
9:00am-10:00am	Yoga *	Didi	Yoga Studio
9:30am-10:30am	Total Body Strength	Elena	Turf
10:30am-11:30am	Gentle Yoga *	Jamie	Yoga Studio
11:00am-12:00pm	WERQ	Margarita	SACC Gym
SATURDAY			
8:30am-9:30am	Total Body Strength	Jill	Turf
9:00am-10:00am	Yoga *	Kelly	Yoga Studio
9:15am-10:00am	WERQ	Tricia	SACC Gym
10:30am-11:30am	Gentle Yoga *	Amanda	Yoga Studio
SUNDAY			
9:00am-10:00am	Gentle Yoga *	Amanda	Yoga Studio
9:00am-10:00am	Pilates	Talisa	SACC Gym
10:15am-11:30am	Yoga *	Hareen	Yoga Studio