GROUP EXERCISE
CLASS SCHEDULE
Manlius YMCA

NOVEMBER 2 – JANUARY 3, 2026

* Indicates Registration Required

DAY & TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
8:15am–9:00am	Cycle *	Monika	Track
9:15am–10:15am	Pilates*	Jessica	Yoga Studio
9:30am–10:30am	Total Body Strength	Elena	Turf
11:00am–11:45am	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	Monika	Turf
9:00am–10:00am	Piloxing	Bryndie	Turf
9:00am–10:00am	Yoga *	Jamie	Yoga Studio
10:30am–11:30am	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	Jill	Turf
9:00am–10:00am	Yoga *	Amanda	Yoga Studio
9:15am–10:00am	HIIT	Elena	Turf
10:00am–11:00am	WERQ	Margarita	SACC Gym
10:30am–11:30am	Gentle Yoga *	Jamie	Yoga Studio
FRIDAY			
9:00am–10:00am	Yoga *	Didi	Yoga Studio
9:30am–10:30am	Total Body Strength	Elena	Turf
11:00am–12:00pm	WERQ	Terri	SACC Gym
11:30am–12:30pm	Gentle Yoga *	Craig	Yoga Studio
SATURDAY			
8:30am–9:15am	Total Body Strength	Staff	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
10:15am–11:30am	Yoga *	Hyo Suk	Yoga Studio