

# Downtown Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Downtown Y Gym</b> 9:00 – 10:00 AM Cycle Spin Instructor: Virtual	<b>Downtown Y Gym</b> 8:00–9:00 AM LES MILLS BODYPUMP™ Instructor: Michelle	<b>Downtown Y Aerobics Room</b> 5:30–6:30 AM Bootcamp Instructor: Amy	<b>Downtown Y Gym</b> 8:00–9:00 AM LES MILLS BODYPUMP™ Instructor: Michelle	<b>Downtown Y Aerobics Room</b> 10:30–11:30 AM Yoga Instructor: Nadia
<b>Downtown Y Aerobics Room</b> 10:30–11:30 AM Gentle Yoga Instructor: Athena	<b>Downtown Y Aerobics Room</b> 9:15 AM–10:15 AM Pilates Instructor: Emma	<b>Downtown Y Gym</b> 9:00 – 10:00 AM Cycle Spin Instructor: Virtual	<b>Downtown Y Aerobics Room</b> 9:15–10:15 AM Pilates Instructor: Emma	<b>SATURDAY</b>
	<b>Downtown Y Aerobics Room</b> 11:00 AM–12:00 PM Tai Chi Instructor: Laurie	<b>Downtown Y Aerobics Room</b> 10:30–11:30 AM Yoga Instructor: Nadia	<b>**Pilates Class will begin on January 13, 2022</b>	<b>Downtown Y Gym</b> 8:30–9:30 AM LES MILLS BODYPUMP™ Instructor: Jason
	<b>Downtown Y Aerobics Room</b> 5:00–6:00 PM Zumba Instructor: Nadia	<b>Downtown Y Aerobics Room</b> 5:30–6:30 PM LES MILLS BODYPUMP™ Instructor: Michelle		Tabata* Instructor: Santina

**\*Saturday Classes rotate each week**

# Fairgrounds Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fairgrounds Y Gym</b> 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle	<b>Fairgrounds Y Group Ex Room</b> 11:15 AM–12:15 PM Silver Sneakers Instructor: Laurie	<b>Fairgrounds Y Gym</b> 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle	<b>Fairgrounds Y Group Ex Room</b> 11:15 AM–12:15 PM Silver Sneakers Instructor: Laurie	<b>Fairgrounds Y Gym</b> 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle  <b>Fairgrounds Y Group Ex Room</b> 1:00 – 2:00 PM Balanced Boxing Instructor: Mike

\*As of Jan. 10, 2021

# Sackets Harbor Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Sackets Harbor Y Gym</b> 5:30 PM-6:30 PM RIP Instructor: Joey</p> <p><b>Sackets Harbor Y Upstairs Fitness Room</b> 6:00 PM-6:45 PM Yoga Instructor: Amy</p> <p><b>**RIP will begin January 18.</b> <b>Yoga Class will begin on January 18 and run until February 22.</b></p>	<p><b>Sackets Harbor Y Group Exercise</b> 9:30-10:30 AM Tai Chi Instructor: TBA</p>	<p><b>Sackets Harbor Y Gym</b> 5:30 PM-6:30 PM RIP Instructor: Joey</p> <p><b>**RIP will begin January 20.</b></p>	

# Carthage Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Carthage Y</b> <b>Group Ex Room</b> 5:30 PM-6:30 PM Tabata Instructor: Lynn	<b>Carthage Y</b> <b>Group Ex Room</b> 4:30 PM-5:30 PM Yoga Instructor:Carolynn	<b>Carthage Y</b> <b>Group Ex Room</b> 5:30 PM-6:30 PM Tabata Instructor: Lynn	<b>Carthage Y</b> <b>Group Ex Room</b> 4:30 PM-5:30 PM Yoga Instructor: Carolynn	

\*As of Jan. 10, 2021