

# Downtown Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>YOGA</u></b> Group Ex Room 10:30 – 11:30 AM Instructor: Athena</p>	<p><b><u>LES MILLS</u></b> <b><u>BODYPUMP™</u></b> Group Ex Room 8:00–9:00 AM Instructor: Michelle</p> <p><b><u>PILATES</u></b> Aerobics Room 9:15 AM–10:15 AM Instructor: Emma</p> <p><b><u>TAI CHI</u></b> Aerobics Room 11:00 AM–11:45 AM Instructor: TBA</p> <p><b><u>30/30 ZUMBA/ SHINE COMBO CLASS</u></b> Group Ex Room 4:30–5:30 PM Instructor: Tammy Starts June 14</p>	<p><b><u>BOOTCAMP</u></b> Downtown Y Thompson Park 6:00–7:00 AM Instructor: Amy</p> <p><b><u>MORNING YOGA</u></b> <b><u>FLOW</u></b> Group Ex Room 9:15 – 10:15 AM Instructor: Danielle</p> <p><b><u>LES MILLS</u></b> <b><u>BODYPUMP™</u></b> Group Ex Room 5:30–6:30 PM Instructor: Jason</p>	<p><b><u>LES MILLS</u></b> <b><u>BODYPUMP™</u></b> Group Ex Room 8:00–9:00 AM Instructor: Michelle</p> <p><b><u>PILATES</u></b> Group Ex Room 9:15–10:15 AM Instructor: Emma</p>	<p><b><u>YOGA</u></b> Group Ex Room 9:30–10:30 AM Instructor: Betsy</p> <hr/> <p><b>SATURDAY</b></p> <p><b><u>LES MILLS</u></b> <b><u>TABATA /</u></b> <b><u>BODYPUMP™</u></b> Gym/Aerobics Room 8:00–9:00 AM Instructor: Michelle OR Santina *Saturday Classes rotate each week</p>



# Fairgrounds Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>ENHANCE FITNESS</u></b> Fairgrounds Y Outside 8:00 - 9:00 AM Instructor: Michelle</p> <p><b><u>SPIN</u></b> Fairgrounds Y Conference Room 9:00 - 10:00 AM Instructor: Laura</p>	<p><b><u>TABATA</u></b> Fairgrounds Y Outside 9:00 AM-10:00 AM Instructor: Marci</p> <p><b><u>SILVER SNEAKERS</u></b> Fairgrounds Y Group Ex Room 11:15 AM-12:15 PM Instructor: Laurie</p> <p><b><u>BALANCE BOXING</u></b> Fairgrounds Y Group Ex Room 12:45 PM-2:45 PM Instructor: Mike</p>	<p><b><u>ENHANCE FITNESS</u></b> Fairgrounds Y Outside 8:00 - 9:00 AM Instructor: Laurie</p> <p><b><u>SPIN</u></b> Fairgrounds Y Conference Room 9:00 - 10:00 AM Instructor: Marci</p>	<p><b><u>SILVER SNEAKERS</u></b> Fairgrounds Y Group Ex Room 11:15 AM-12:15 PM Instructor: Laurie</p>	<p><b><u>ENHANCE FITNESS</u></b> Fairgrounds Y Outside 8:00 - 9:00 AM Instructor: Michelle</p> <p><b><u>BALANCE BOXING</u></b> Fairgrounds Y Group Ex Room 12:45 PM-2:45 PM Instructor: Mike</p>



# Sackets Harbor Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b><u>YOGA</u></b> GroupEx Room 5:30 PM – 6:30 PM Instructor: Betsey Naselli</p>	<p><b><u>ADVANCED TAI CHI</u></b> GroupEx Room 9:15 AM – 10:00 AM Irene Busler and Sara Treadwell</p> <p><b><u>BEGINNER TAI CHI</u></b> GroupEx Room 10:15AM – 10:45 AM Instructor: Irene Busler and Sara Treadwell</p>		<p><b><u>SUNRISE YOGA</u></b> Outside or GroupEx Room 7:15AM – 8:15 AM Instructor: Betsey Naselli</p>



# Carthage Group Ex Schedule

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

