

Sackets Harbor Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Sackets Harbor Y Upstairs Functional Fitness Room 5:30 PM-6:30 PM Yoga Instructor: Amy *No class June 7th</p>	<p>Sackets Harbor Y Group Exercise 9:15 AM-10:00 AM Advanced Tai Chi</p> <p>Sackets Harbor Y Group Exercise 10:15AM-10:45 AM Beginner Tai Chi</p>		<p>Sackets Harbor Y Outside/Upstairs Functional Fitness Room 7:15AM-8:15 AM Sunrise Yoga *Begins June 17</p>

*As of 6/3/22