

# Downtown Group Ex Schedule

**\*AUGUST 1-5\***

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p><b>YOGA</b><br/>Group Ex Room<br/>10:30 - 11:30 AM<br/>Instructor: Athena</p> | <p><b>LES MILLS BODYPUMP™</b><br/>Group Ex Room<br/>8:00-9:00 AM<br/>Instructor: Michelle</p> <p><b>CIRCUIT TRAINING</b><br/>Aerobics Room<br/>9:15 AM-10:15 AM<br/>Instructor: Tammy</p> <p><b>TAI CHI</b><br/>Aerobics Room<br/>11:00 AM-11:45 AM<br/>Instructor: TBA</p> <p><b>ZUMBA</b><br/>Group Ex Room<br/>4:30-5:30 PM<br/>Instructor: Nadia</p> | <p><b>BOOTCAMP</b><br/>Downtown Y<br/>Thompson Park<br/>6:00-7:00 AM<br/>Instructor: Amy</p> <p><b>MORNING YOGA FLOW</b><br/>Group Ex Room<br/>9:15 - 10:15 AM<br/>Instructor: Danielle</p> <p><b>LES MILLS BODYPUMP™</b><br/>Group Ex Room<br/>5:30-6:30 PM<br/>Instructor: Jason</p> | <p><b>LES MILLS BODYPUMP™</b><br/>Group Ex Room<br/>8:00-9:00 AM<br/>Instructor: Michelle</p> <p><b>YOGA</b><br/>Group Ex Room<br/>9:15-10:15 AM<br/>Instructor: Nadia</p> | <p><b>YOGA</b><br/>Group Ex Room<br/>9:30-10:30 AM<br/>Instructor: Betsy</p>  |
|  |  |  |  | SATURDAY  |
|  |  |  |  | <p><b>STRONG Gym/Aerobics Room</b><br/>8:00-9:00 AM<br/>Instructor: Nadia</p> |



# Fairgrounds Group Ex Schedule

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



# Sackets Harbor Group Ex Schedule

| MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY | FRIDAY  |
|--------|---|--|----------|---|
|        | <p><b><u>YOGA</u></b><br/>Group Ex Room<br/>5:30 PM-6:30 PM<br/>Instructor: Amy</p> | <p><b><u>ADVANCED TAI CHI</u></b><br/>Group Ex Room<br/>9:15 AM-10:00 AM</p> <p><b><u>BEGINNER TAI CHI</u></b><br/>Group Ex Room<br/>10:15AM-10:45 AM<br/>Instructor: Irene<br/>Busler or Sara<br/>Treadwell</p> |          | <p><b><u>SUNRISE YOGA</u></b><br/>Outside or Group<br/>Ex Room<br/>7:15AM-8:15 AM</p> |



\*As of 6/27/22

# Carthage Group Ex Schedule

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

