

CARTHAGE YMCA GROUPEX SCHEDULE

MONDAY	5:30 - 6:30 PM	TABATA INSTRUCTOR: MELISSA LYNN GROUPEX ROOM
TUESDAY	4:30 - 5:30 PM	YOGA INSTRUCTOR: CAROLYNN GROUPEX ROOM
WEDNESDAY	5:30 - 6:30 PM	TABATA INSTRUCTOR: MELISSA LYNN GROUPEX ROOM
THURSDAY	4:30 - 5:30 PM	YOGA INSTRUCTOR: CAROLYNN GROUPEX

**SCHEDULE SUBJECT TO CHANGE. AS CLASS SIZES
CHANGE, WE MAY ADD OR REMOVE CLASSES.**

**Thank you for you cooperation.
The Watertown Family YMCA Staff**

