

FAIRGROUNDS YMCA GROUPEX SCHEDULE

MONDAY	8:00 - 9:00 AM		
	ENHANCE FITNESS INSTRUCTOR: MICHELLE GYMNASIUM		
	TUESDAY	9:00 - 10:00 AM	11:15 AM - 12:15 PM
		BODY BURN INSTRUCTOR: MARCI GROUPEX ROOM	SILVER SNEAKERS INSTRUCTOR: LAURIE GROUPEX ROOM
WEDNESDAY	8:00 - 9:00 AM	9:30 - 10:30 AM	
	ENHANCE FITNESS INSTRUCTOR: AMY GYMNASIUM	RIP INSTRUCTOR: NAOMI GROUPEX ROOM	
		THURSDAY	11:15 AM - 12:15 PM
			SILVER SNEAKERS INSTRUCTOR: LAURIE GROUPEX ROOM
FRIDAY	8:00 - 9:00 AM		
	ENHANCE FITNESS INSTRUCTOR: MICHELLE GYMNASIUM		



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

Thank you for you cooperation.
The Watertown Family YMCA Staff



FIND YOUR FUN.
FIND YOUR Y.