

SACKETS HARBOR YMCA GROUPEX SCHEDULE

TUESDAY	5:30 - 6:30 PM
YOGA INSTRUCTOR: BETSY GROUPEX ROOM	

WEDNESDAY	9:15 AM - 10:00 AM	9:30 - 10:30 AM
	ADVANCED TAI CHI INSTRUCTOR: IRENE OR SARA GROUPEX ROOM	BEGINNER TAI CHI INSTRUCTOR: IRENE OR SARA GROUPEX ROOM

FRIDAY	7:15 - 8:15 AM
	SUNRISE YOGA INSTRUCTOR: BETSY OUTSIDE OR 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



FIND YOUR FUN.
FIND YOUR Y.