

# DOWNTOWN YMCA GROUPEX SCHEDULE

<b>MONDAY</b>	<b>9:00 - 10:00 AM</b> SPIN CLASS INSTRUCTOR: LAURA GYMNASIUM	<b>10:00 - 11:00 AM</b> YOGA INSTRUCTOR: ATHENA GROUPEX ROOM	<b>4:30 - 5:30 PM</b> ZUMBA & SHINE COMBO INSTRUCTOR: TAMMY GROUPEX ROOM		
<b>TUESDAY</b>	<b>8:00 - 9:00 AM</b> LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM	<b>9:15 - 10:15 AM</b> PILATES INSTRUCTOR: EMMA GROUPEX ROOM	<b>11:00 - 11:45 AM</b> TAI CHI INSTRUCTOR: LAURA GROUPEX ROOM	<b>4:30 - 5:30 PM</b> STRONG INSTRUCTOR: NADIA GROUPEX ROOM	
<b>WEDNESDAY</b>	<b>5:30 - 6:30 AM</b> BOOT CAMP INSTRUCTOR: AMY GROUPEX ROOM	<b>9:00 - 10:00 AM</b> SPIN CLASS INSTRUCTOR: MARCI GYMNASIUM	<b>9:30 - 10:30 AM</b> YOGA INSTRUCTOR: DANIELLE GROUPEX ROOM	<b>12:15 - 12:45 PM</b> CIRCUIT "LUNCH BREAK" TRAINING INSTRUCTOR: EMMA GROUPEX ROOM	<b>5:00 - 6:00 PM</b> LES MILLS BODY PUMP INSTRUCTOR: JASON GROUPEX ROOM
<b>THURSDAY</b>	<b>8:00 - 9:00 AM</b> LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM	<b>9:15 - 10:15 AM</b> PILATES INSTRUCTOR: EMMA GROUPEX ROOM	<b>4:30 - 5:30 PM</b> SPIN CLASS INSTRUCTOR: SANTINA GYMNASIUM	<b>4:30 - 5:30 PM</b> YOGA INSTRUCTOR: BETSY GROUPEX ROOM	
<b>FRIDAY</b>	<b>9:30 - 10:30 AM</b> YOGA INSTRUCTOR: BETSY GROUPEX ROOM				
<b>SATURDAY</b>	<b>8:00 - 9:00 AM</b> LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM	<b>OR</b>	<b>8:00 - 9:00 AM</b> STRONG INSTRUCTOR: NADIA GROUPEX ROOM	<b>CLASS ALTERNATES EACH WEEK</b>	



**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.**

# FAIRGROUNDS YMCA GROUPEX SCHEDULE

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



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# SACKETS HARBOR YMCA GROUPEX SCHEDULE

<b>TUESDAY</b>	<b>5:30 - 6:30 PM</b>
<b>YOGA</b> <b>INSTRUCTOR: BETSY</b> <b>GROUPEX ROOM</b>	

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

<b>FRIDAY</b>	<b>7:15 - 8:15 AM</b>
	<b>SUNRISE YOGA</b> <b>INSTRUCTOR: BETSY</b> <b>OUTSIDE OR GROUPEX</b>

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# CARTHAGE YMCA GROUPEX SCHEDULE

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

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