

# SACKETS HARBOR YMCA GROUPEX SCHEDULE

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

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

