

DOWNTOWN YMCA GROUPEX SCHEDULE

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



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.**