

DOWNTOWN YMCA GROUPEX SCHEDULE

MONDAY	9:00 – 10:00 AM SPIN CLASS INSTRUCTOR: LAURA GYMNASIUM	10:00 – 11:00 AM YOGA INSTRUCTOR: NADIA 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: LAURIE GROUPEX ROOM	12:00 – 12:45 PM ADVANCED TAI CHI INSTRUCTOR: LAURIE GROUPEX ROOM	5:00 – 6:00 PM STRONG/ZUMBA COMBO INSTRUCTOR: NADIA GROUPEX ROOM
WEDNESDAY	8:45 – 9:30 AM SPIN CLASS INSTRUCTOR: MARCI GYMNASIUM	9:30 – 10:00 AM CORE AND MORE INSTRUCTOR: MARCI GYMNASIUM	10:30 – 11:30 AM VINYASA YOGA INSTRUCTOR: NADIA GROUPEX ROOM	4:30 – 5:15 PM LES MILLS BODY PUMP 45 INSTRUCTOR: MICHELLE 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 YOGA INSTRUCTOR: BETSY GROUPEX ROOM		
FRIDAY	8:30 – 9:15 AM LES MILLS BODY PUMP 45 INSTRUCTOR: EMMA GROUPEX ROOM	9:30 – 10:30 AM YOGA INSTRUCTOR: BETSY GROUPEX ROOM			
SATURDAY	8:00 – 9:00 AM LES MILLS BODY PUMP OR STRONG INSTRUCTORS: MICHELLE/NADIA/EMMA GROUPEX ROOM	8:30 – 9:30 AM SPIN / TABATA COMBO INSTRUCTOR: SANTINA GYMNASIUM			

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.