

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.**

FAIRGROUNDS YMCA GROUPEX SCHEDULE

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



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CARTHAGE YMCA GROUPEX SCHEDULE

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

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