

# CARTHAGE YMCA GROUPEX SCHEDULE

<b>MONDAY</b>	<b>9:30 - 10:30 AM</b>	<b>5:30 - 6:30 PM</b>
	<b>YOGA INSTRUCTOR: CAROLYNN GROUPEX ROOM</b>	<b>TABATA INSTRUCTOR: MELISSA LYNN 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 ROOM</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

