

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.**