

CARTHAGE YMCA GROUPEX SCHEDULE

MONDAY	9:30 - 10:30 AM	5:30 - 6:30 PM
	SLOW YOGA INSTRUCTOR: CAROLYNN GROUPEX ROOM	TABATA INSTRUCTOR: MELISSA LYNN GROUPEX ROOM
	TUESDAY	9:30 - 10:30 AM
		5:30 - 6:30 PM
		BEGINNER/INTERMEDIATE YOGA INSTRUCTOR: TONI GROUPEX ROOM
		BEGINNER/INTERMEDIATE YOGA INSTRUCTOR: TONI GROUPEX ROOM
WEDNESDAY	5:30 - 6:30 PM	
	TABATA INSTRUCTOR: MELISSA LYNN GROUPEX ROOM	
	THURSDAY	4:30 - 5:30 PM
		SLOW YOGA INSTRUCTOR: CAROLYNN GROUPEX ROOM

**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.**