

DOWNTOWN YMCA GROUPEX SCHEDULE

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| MONDAY | 9:00 – 10:00 AM SPIN CLASS INSTRUCTOR: LAURA GYMNASIUM (ENDS JUNE 30TH) | 10:00 – 11:00 AM YOGA INSTRUCTOR: NADIA GROUPEX ROOM | 4:30 – 5:30 PM CIRCUIT TRAINING INSTRUCTOR: ANNE GROUPEX ROOM | |
| TUESDAY | 8:00 – 9:00 AM LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM | 9:15 – 10:15 AM PILATES INSTRUCTOR: EMMA AND EMILY GROUPEX ROOM | 11:00 – 11:45 AM TAI CHI INSTRUCTOR: LAURIE GROUPEX ROOM (JUNE 13 – JULY 25 ONLY) | 5:00 – 6:00 PM STRONG/ZUMBA COMBO INSTRUCTOR: NADIA GROUPEX ROOM |
| WEDNESDAY | 8:30 – 9:30 AM SPIN 45 INSTRUCTOR: MARCI/LAURA GYMNASIUM | 10:30 – 11:30 AM VINYASA YOGA INSTRUCTOR: NADIA GROUPEX ROOM | 4:30 – 5:30 PM ZUMBA/SHINE COMBO INSTRUCTOR: TAMMY GROUPEX ROOM | |
| THURSDAY | 8:00 – 9:00 AM LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM | 9:15 – 10:15 AM PILATES INSTRUCTOR: EMMA AND EMILY 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 (ENDS JUNE 23RD) | 9:30 – 10:30 AM YOGA INSTRUCTOR: BETSY GROUPEX ROOM | | |
| SATURDAY | 8:00 – 9:00 AM CLASS → STRONG OR ALTERNATES EACH WEEK CIRCUIT TRAINING INSTRUCTORS: NADIA/ANNE 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.**