

# FAIRGROUNDS YMCA GROUPEX SCHEDULE

<b>MONDAY</b>	<b>8:00 - 9:00 AM</b>		
	ENHANCE FITNESS INSTRUCTOR: MICHELLE GYMNASIUM/OUTSIDE		
	<b>TUESDAY</b>	<b>9:00 - 10:00 AM</b>	<b>11:15 AM - 12:15 PM</b>
		BODY BURN INSTRUCTOR: MARCI GROUPEX ROOM	SILVER SNEAKERS INSTRUCTOR: LAURIE GROUPEX ROOM
<b>WEDNESDAY</b>	<b>8:00 - 9:00 AM</b>		
	ENHANCE FITNESS INSTRUCTOR: LAURIE GYMNASIUM/OUTSIDE		
	<b>THURSDAY</b>	<b>9:00 AM - 10:00 AM</b>	<b>11:15 AM - 12:15 PM</b>
		CIRCUIT TRAINING INSTRUCTOR: ANNE GROUPEX ROOM	SILVER SNEAKERS INSTRUCTOR: LAURIE GROUPEX ROOM
<b>FRIDAY</b>	<b>8:00 - 9:00 AM</b>		
	ENHANCE FITNESS INSTRUCTOR: MICHELLE GYMNASIUM/OUTSIDE		



SCHEDULE SUBJECT TO CHANGE. AS CLASS SIZES CHANGE, WE MAY ADD OR REMOVE CLASSES.

Thank you for your cooperation.  
The Watertown Family YMCA Staff

