

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	
	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	
	SATURDAY	9:00 - 10:00 AM
		YOGALATES INSTRUCTOR: TONI GROUPEX ROOM



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

Thank you for your cooperation.
The Watertown Family YMCA Staff



**FIND YOUR FUN.
FIND YOUR Y.**