

DOWNTOWN YMCA GROUPEX SCHEDULE

| MONDAY | 8:30 – 9:00 AM | 9:15 – 10:00 AM | 9:40 – 10:40 AM | 11:00 – 12:00 PM | 12:00 – 1:00 PM | 4:30 – 5:30 PM |
|------------------------------------|---|--|---|--|---|--|
| | LES MILLS CORE INSTRUCTOR: LAURA GROUP EX ROOM | SPIN INSTRUCTOR: LAURA GYMNASIUM | GENTLE YOGA INSTRUCTOR: BETSY GROUPEX ROOM | ARTHRITIS FOUNDATION EXERCISE PROGRAM INSTRUCTOR: LAURIE GROUPEX ROOM | TAI CHI INSTRUCTOR: LAURIE GROUPEX ROOM | LES MILLS BODY PUMP INSTRUCTOR: LINDSEY & MICHELLE GROUPEX ROOM |
| TUESDAY | 8:30 – 9:30 AM | 9:40 – 10:40 AM | 4:30 – 5:00 PM | 5:00 – 6:00 PM | | |
| | LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM | PILATES INSTRUCTOR: EMILY GROUPEX ROOM | CORE & MORE INSTRUCTOR: NADIA GROUPEX ROOM | ZUMBA INSTRUCTOR: NADIA GROUPEX ROOM | | |
| WEDNESDAY | 8:30 – 9:00 AM | 9:15 – 10:00 AM | 10:15 – 11:15 AM | 11:30 AM – 12:30 PM | 12:30 – 1:30 PM | 4:30 – 5:30 PM |
| | LES MILLS CORE INSTRUCTOR: MARCI GROUPEX ROOM | SPIN INSTRUCTOR: MARCI GYMNASIUM | VINYASA YOGA INSTRUCTOR: NADIA GROUPEX ROOM | ARTHRITIS FOUNDATION EXERCISE PROGRAM INSTRUCTOR: LAURIE GROUPEX ROOM | TAI CHI INSTRUCTOR: LAURIE GROUPEX ROOM | SHINE FITNESS/ZUMBA COMBO CLASS INSTRUCTOR: TAMMY GROUPEX ROOM |
| THURSDAY | 8:30 – 9:30 AM | 9:40 – 10:40 AM | 5:00 – 6:00 PM | | | |
| | LES MILLS BODY PUMP INSTRUCTOR: MICHELLE GROUPEX ROOM | PILATES INSTRUCTOR: EMILY GROUPEX ROOM | HATHA YOGA INSTRUCTOR: BETSY GROUPEX ROOM | | | |
| FRIDAY | 8:30 – 9:30 AM | 9:40 – 10:40 AM | | | | |
| | BODY PUMP INSTRUCTOR: LINDSEY GROUPEX ROOM (BEGINS SEPTEMBER 22ND) | GENTLE YOGA INSTRUCTOR: NADIA GROUPEX ROOM | | | | |
| SATURDAY | 8:30 – 9:30 AM | | | | | |
| CLASS → ALTERNATES EACH WEEK | SEPTEMBER 2 MICHELLE- BODY PUMP | | | | | |
| | SEPTEMBER 9 NADIA- ZUMBA | | | | | |
| | SEPTEMBER 16 TAMMY- SHINE/ZUMBA | | | | | |
| | SEPTEMBER 23 EMILY- BODY BARRE | | | | | |
| | SEPTEMBER 30 MARCI- LES MILLS CORE | | | | | |



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.**