

FAIRGROUNDS YMCA GROUPEX SCHEDULE

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



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.**