

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	OCTOBER 7 MARCI- LES MILLS CORE					
	OCOTBER 14 LAURA- LES MILLS SPIN COMBO CLASS					
	OCTOBER 21 MICHELLE- LES MILLS BODY PUMP					
	OCOTBER 28 EMILY- BARRE CLASS					



**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.**

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		



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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



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