



**WATERTOWN FAMILY YMCA
CARTHAGE COURT & GROUP EX
JULY 2024 SCHEDULE**

***NEW SPIN CLASS
STARTING JULY 15TH
MONDAYS & THURSDAYS
8:00 – 8:45 AM**

GYM

Monday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Tuesday

Senior Walk: 7:00 – 9:00 AM
Pickleball: 10:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Wednesday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Gymnastics: 4:00 – 8:00 PM

Thursday

Senior Walk: 7:00 – 9:00 AM
Pickleball: 10:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 8:00 PM

Friday

Senior Walk: 7:00 – 9:00 AM
Open Gym: 9:00 AM – 12:00 PM
Carthage YMCA Closed 12:00 – 4:00 PM
Open Gym: 4:00 – 6:00 PM
Birthday Party Slot: 6:00–8:00 PM

Saturday

Pickleball: 8:00 – 10:00 AM
Open Gym: 10:00 AM – 12:00 PM
Birthday Party Slot: 11:00 AM – 1:00 PM

GROUP EX

Monday

*Spin Class: 8:00 – 8:45 AM
Gentle Yoga: 9:30 – 10:30 AM
Tabata: 5:30 – 6:30 PM

Tuesday

Pilates Core: 9:00 – 10:00 AM
Pilates Core: 5:30 – 6:30 PM

Wednesday

Vinyasa Yoga: 8:30–9:30 AM
Tabata: 5:30 – 6:30 PM
Kang Duk Kwon: 6:30–8:00 PM

Thursday

*Spin Class: 8:00 – 8:45 AM
Gentle Yoga: 4:30 – 5:30 PM
Pilates Strength 5:30–6:30 PM

Friday

Vinyasa Yoga: 8:30–9:30 AM

CHILDWATCH

Monday

9:00 – 11:00 AM

Tuesday

9:00 – 11:00 AM

Wednesday

8:00 – 10:00 AM
4:00–7:00 PM

Thursday

8:00 – 10:00 AM
5:00–7:00 PM