



# WATERTOWN FAMILY YMCA CARTHAGE GYM / GROUP EX / CHILD WATCH SEPTEMBER 2024 SCHEDULE

## 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**  
Ninja: 5:00–7:00 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

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  
5:00–7:00 PM

### Tuesday:

9:00–11:00 AM  
5:00–7:00 PM

### Wednesday:

4:00–7:00 PM

### Thursday:

4:30–7:00 PM