



**WATERTOWN FAMILY YMCA  
CARTHAGE GYM / GROUP EX / CHILD WATCH  
MARCH 2025 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 – 8:30 AM  
Open Gym: 8:30 – 9:30 AM  
Pickleball: 9:30 AM – 12:30 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 – 8:30 AM  
Open Gym: 8:30 – 9:30 AM  
Pickleball: 9:30 AM – 12:30 PM  
**Carthage YMCA Closed 12:00 – 4:00 PM**  
Open Gym: 4:00 – 4:30 PM  
Warrior Ninja: 4:30 – 7:00 PM  
Open Gym: 7:00 – 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 – 3:00 PM  
Birthday Party Slot\* : 11:00 AM – 1:00 PM

**GROUP EX**

**Monday**

Tabata: 5:30 – 6:30 PM

**Tuesday**

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

**Wednesday**

Tabata: 5:30 – 6:30 PM  
Kang Duk Kwon Karate: 6:30–7:30 PM

**Thursday**

Pilates Strength: 5:30–6:30 PM

**CHILD WATCH**

**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:**

5:00–7:00 PM

\* Gym, Group Ex Room, and Child Watch may be rented. Please Call the Carthage Welcome Center to verify availability.