



## **WATERTOWN FAMILY YMCA CARTHAGE GYM / GROUP EX / CHILD WATCH**

### **GYM**

#### **Monday**

Designated for Senior Walk: 7:00 – 8:30 AM

Open Gym: 8:30 AM – 12:00 PM

**Carthage YMCA Closed 12:00 – 4:00 PM**

Open Gym: 4:00 – 8:00 PM

#### **Tuesday**

Designated for Senior Walk: 7:00 – 8:30 AM

Pickleball: 9:00 AM – 12:00 PM

Intermediate Skill Semi-Competitive

**Carthage YMCA Closed 12:00 – 4:00 PM**

Volleyball: 6:00 – 7:00 PM

Open Gym: 4:00 – 5:45 PM / 7:00–8:00 PM

#### **Wednesday**

Designated for Senior Walk: 7:00 – 8:30 AM

Pickleball: 9:00 AM – 12:00 PM

Novice/Beginners–New Players

**Carthage YMCA Closed 12:00 – 4:00 PM**

Gymnastics: 4:00 – 8:00 PM

#### **Thursday**

Designated for Senior Walk: 7:00 – 8:30 AM

Pickleball: 9:00 AM – 12:00 PM

Advanced Competitive Play

**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**

Designated for Senior Walk: 7:00 – 8:30 AM

Open Gym: 8:30 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 (If scheduled)

#### **Saturday**

Pickleball: 8:00 – 10:00 AM

Open Gym: 10:00 AM – 12:00 PM

Birthday Party Slot\* : 11:00 AM – 1:00 PM (If scheduled)

### **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**

Zumba: 8:30 – 9:30 AM

Vinyasa Yoga: 9:30 – 10:30 AM

Tabata: 5:30 – 6:30 PM

#### **Thursday**

Beginner Strength: 9:00 – 10:00 AM

Gentle Yoga: 4:30–5:30 PM

Pilates Sculpt: 5:30 – 6:30 PM

#### **Friday**

Fab Fit Over 50: 9:30 – 10:30 AM

### **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:**

9:00–11:00 AM

4:00–7:00 PM

#### **Thursday:**

9:00–11:00 AM

5:00–7:00 PM

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

Keith Gipson: 315.493.3286