

Important Information

ALL CLASSES ARE 55 MINUTES IN LENGTH
UNLESS OTHERWISE STATED

- Please arrive to class on time.
- Participants must be at least 13 years old and actively participate in the class.
- Please do not use cell phones during class.
- Please be aware of your own fitness level, and do not over exert yourself.
- Please bring a water to class.

For schedule updates and cancellations call 315-755-9622 or check our website, Facebook page at: Watertown Family YMCA, or download our FREE APP: Watertown YMCA



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Financial Assistance Program

Fulfilling our goal to provide service for youth and families, the Y with the support of the United Way of Northern New York and the Northern New York Community Foundation provides Financial Assistance to those who cannot afford our memberships or programs fees. Assistance is based upon the applicants income and expenses and confidentiality is an important part of the process.



CARTHAGE YMCA
250 State St
Carthage, NY 13619
mgramham@nnyymca.org
315-493-3286
www.watertownymca.org



CARTHAGE YMCA Fall Group Fitness



Free with membership!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Descriptions

Tabata: An intense interval training workout that will have you doing repeated short spurts of very intense workouts that are followed by short breaks.

Yoga- This class uses posture, breathing, relaxation, and meditation to harmonize the mind, body, and spirit. Members 18 and over welcome

Fall Schedule 2021

| Monday | | |
|-----------|--------|---------|
| 5:30 PM | Tabata | Melissa |
| Tuesday | | |
| 4:30 PM | Yoga | Carolyn |
| Wednesday | | |
| 5:30 PM | Tabata | Melissa |
| Thursday | | |
| 4:30 PM | Yoga | Carolyn |

** No child watch available*

***Meets in Fitness Center*