

## 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.



FAIRGROUNDS YMCA  
585 Rand Dr  
Watertown, NY 13601  
mgraham@nnyymca.org  
315-755-9622  
[www.watertownymca.org](http://www.watertownymca.org)



## FAIRGROUNDS YMCA Fall Group Fitness



**Free with membership!**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Descriptions

**Balanced Boxing:** This energetic boxing fitness program helps improve balance, cardio, coordination, and strength. Through non-contact exercises, participants gain fitness benefit and a sense of comradery with their fellow boxers. No boxing experience required. Boxing gloves are provided, but you are welcome to bring your own.

**Enhance Fitness-** This class is an evidence-based group exercise program that helps older adults of all levels of fitness become more energized and empowered to sustain independent lives. Members 18 and over welcome.

**Pi/Yo-** Join us for a combination of pilates and yoga! Strengthen and sculpt your body, while increasing flexibility.

**Silver Sneakers-** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Members 18 and over welcome.

# Fall Schedule 2021

Monday		
9:00 AM	Enhance Fitness	Michelle
Tuesday		
9:00 AM	Pi/Yo	Marci
11:15 AM	Silver Sneakers	Laurie
Wednesday		
8:00 AM	Enhance Fitness	Laurie
Thursday		
11:15 AM	Silver Sneakers	Laurie
Friday		
8:00 AM	Enhance Fitness	Michelle
1:00 PM	Balanced Boxing	Mike

*\* No child watch available*

*\*\*Meets in Fitness Center*