



Group Exercise Schedule

Binghamton Branch

June 26– September 18

MONDAY

5:30-6:30am **Cycling**
8:30-9:15am Stretch & Strengthen
8:30-9:30am **Cycling**
9:30-10:30am Pilates
11:00-12:00pm Joints in Motion Plus
12:00-1:00pm Yoga
5:30-6:30pm Boot Camp
6:30-7:30pm Yoga

WEDNESDAY

5:30-6:30am **Cycling**
8:30-9:15am Stretch & Strengthen
8:30-9:30am **Cycling**
9:30-10:30am Pilates
11:00-12:00pm Joints in Motion Plus
12:00-1:00pm Yoga
5:30-6:30pm Boot Camp
6:30-7:30pm Yoga

FRIDAY

8:30-9:15am Stretch & Strengthen
9:30-10:30am Pilates

TUESDAY

9:00-10:00am **Cycling**
12:00-1:00pm Body Defined
5:30-6:30pm Zumba
6:45–8:00pm Y-Fit

THURSDAY

12:00-1:00pm Body Defined
5:30-6:30pm Zumba
6:30-7:30pm **Cycling**
6:45–8:00pm Y-Fit

SAT

8:30-9:30am **Cycling**
9:30-10:30am Y-Fit



Members: Free

Non-Members will need to purchase a day pass to participate in classes.

Binghamton Branch
61 Susquehanna Street- Binghamton, NY 13901
Tel: (607) 772-0560

West Family Branch
740 Main Street-Johnson City, NY 13790
Tel: (607) 770-9622

Group Exercise Extra's

Financial Assistance is available. Ask the Welcome desk how to apply.

PROGRAM FEES:

Member: **FREE**

Non-Member: \$13/per day.

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740 Main Street
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Tel: (607) 770-9622

Binghamton Branch

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Binghamton, NY 13901
Tel: (607) 772-0560

CONTACT:

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YMCA of Broome County



United Way
of Broome County

Child Care is available while you workout!

Child Watch

West Family Y

Mon- Fri 9:00am-1:00pm

Mon-Fri 4:30pm:7:30pm

Saturday 9:00am-1:00pm

Binghamton Y

Mon-Fri 5:00pm:7:30pm

Saturday 9:00am-1:00pm

Game Room

West Family Y

Mon-Fri 4:30pm:7:30pm

Saturday 9:00am-1:00pm

Binghamton Y

Mon-Fri 4:30pm:7:30pm

Saturday 9:00am-1:00pm

Sunday 9:00am-1:00pm

HELPING YOU LIVE BETTER

Wellness Center Orientations

New to the Y? Let our friendly Wellness staff show you around. Learn how to use the cardio and resistance equipment and development a fitness routine just for you.

We will provide you with 3 **free** sessions, but if you need more just ask us! Schedule your appointments with the instructor on duty in the Wellness Center at either branch.