



# Group Exercise Schedule

West Family Y

June 26– September 18

## MONDAY

8:00-9:00am Nice & Easy  
9:00-10:00am Body Defined  
10:00-11:00am Step & Muscle  
1:00-2:00pm Joints in Motion  
4:30-5:30pm Core Freestyle  
5:30-6:30pm Zumba®  
6:30-7:30 pm Yoga

## TUESDAY

9:00-10:00am Zumba®  
10:00-11:00am Yoga  
12:00-1:00pm Chair Yoga  
1:00-2:00pm Joints in Motion Plus  
4:00-5:00pm Core Intensity

## WEDNESDAY

8:00-9:00am Nice & Easy  
9:00-10:00am Stability Ball Challenge  
10:00-11:00am Step & Muscle  
1:00-2:00pm Joints in Motion  
4:30-5:30pm Core Freestyle  
5:30-6:30pm Yoga  
6:30-7:30 pm Zumba®

## THURSDAY

9:00-10:00am Zumba®  
10:00-11:00am Pilates  
12:00-1:00pm Chair Yoga  
1:00-2:00pm Joints in Motion Plus  
4:00-5:00pm Core Intensity

## FRIDAY

8:00-9:00am Nice & Easy  
9:00-10:00am Cardio Chisel  
10:00-11:30am Step & Muscle Plus  
1:00-1:50pm Joints in Motion



**Motivation, Accountability,  
Structure and Results!**

**Members: Free**

For more information contact RoQue at  
rharmon@ymcabroome.org

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

# Group Exercise Extra's

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

## PROGRAM FEES:

Member: **FREE**

Non-Member: \$13/per day.

### West Family Branch

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

### Binghamton Branch

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

## CONTACT:

RoQue Harmon  
Healthy Living  
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YMCA 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:8:30pm

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.