



Group Exercise

Binghamton Branch

Schedule

Jan-June 2018

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	5:30-6:30am	Cycling
	8:30-9:15am	Stretch & Strengthen
	9:30-10:30am	Pilates

TUESDAY	9:00-10:00am	Cycling
	9:00-10:00am	Barre- NEW
	10:00-11:00am	Yoga
	12:00-1:00pm	Body Defined
	5:30-6:30pm	Zumba
	6:30-7:30pm	Cycling
	6:45-7:45pm	Y-Fit

THURSDAY	9:00-10:00am	Cycling
	9:00-10:00am	Barre- NEW
	10:00-11:00am	Yoga
	12:00-1:00pm	Body Defined
	5:30-6:30pm	Zumba
	6:30-7:30pm	Cycling
	6:45-7:45pm	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.

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:

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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: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 6:00pm:8:00pm
Saturday 9:00am-1:00pm
Sunday 9:00am-1:00pm

**HELPING
YOU LIVE
BETTER**



Wellness Center Orientations

New to the YMCA? New to working out? Want to get back into a workout routine?

Our wellness instructors are here for you! Talk to a Wellness Instructor in the Wellness Centers to set up your free orientation.

We'll get you started on an exercise program based on your goals and interests, and show you how to use the machines, free weights, and cardio equipment. Whether you're just getting started, need a refreshed program, or want to train for your first 5k, you can do it!

And we're here to help along the way!