



Mattapoisett YMCA Group Exercise Schedule

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|--|
| | 7:45-8:30am POUND* On the porch | | |
| | | | |
| 6:30-7:30pm Yoga On the porch | | 6:30-7:30pm Yoga On the porch | 5:30-6:15pm POUND* On the porch |

*POUND will begin Tuesday June 13th