

# **YMCA Classes**

**Binghamton Branch YMCA  
61 Susquehanna Street,  
Binghamton, NY**

**Stretch & Strengthen**– Get started with this easy warm up, stretch, strengthen & cool down class.

M/W/F 8:30-9:15 am

**Activate Your Age**- Develop and improve your balance, strength, coordination and Flexibility with light weights.

Wednesday's 11:00 am – 12:00 pm