













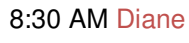







FAMILY YMCA at TARRYTOWN

GROUP EXERCISE SCHEDULE

January 2, 2019- March 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:15 AM <i>Kettle Bell/TRX</i> Diane Studio B	7:45-8:30 AM <i>TRX</i> Diane Studio B	5:30-6:15 AM <i>PILATES w/props</i> Diane Studio B	7:45-8:30 AM <i>TRX</i> Diane Studio B	7:30-8:15 AM <i>STEP</i> Diane Studio B	
6:15-6:45 AM <i>Healing Stretch</i> Diane Studio B	8:00-9:00 AM <i>HATHA Yoga</i> Allison Studio A			8:00-9:00 AM <i>HATHA Yoga</i> Rob Studio A	8:15-9:00 AM <i>PILATES w/props</i> Diane Studio B	9:00-10:00 AM <i>VINYASA Int.</i> Kristen Studio C
	8:30-9:15 AM <i>Healing Stretch</i> Diane Studio B	9:15-10:00 AM <i>Healing Stretch</i> Diane Studio B	8:30-9:15 AM <i>PILATES w/props</i> Diane Studio B	9:30-10:15 AM <i>CARDIO Jam</i> Fern Studio B	9:15-10:15 AM <i>BOXING</i> Mitri Studio B	10:00-10:45 AM <i>SCULPT</i> Aaron Studio B
8:00-8:45 AM <i>ZUMBA</i> Jen Studio B	9:15-10:00 AM <i>PILATES Mat I&II</i> Fern Studio B		9:15-9:55 AM <i>Kettle Bell/TRX</i> Diane Studio B			
9:15-9:55 AM <i>PILATES Mat I&II</i> Diane Studio B			10:00-10:30 AM <i>Soft Stretch</i> Diane Studio A		10:30-11:45 AM <i>YOGA(begin./int)</i> Jen Studio B	
10:15-11:00 AM <i>AOA Strength</i> Fern Studio B	10:15-11:00 AM <i>AOA Aerobics</i> Fern Studio B	10:00-10:45 AM <i>AOA Aerobics</i> Diane Studio B	10:00-11:00 AM <i>AOA Aerobics</i> Carl Studio B	<p>PILATES REFORMER SESSIONS CALL DIANE MCCARTHY 914-631-4807 or dianem@ymcatarrytown.org</p>		
11:00-11:45 AM <i>Silver Sneakers</i> Fern Studio B	11:15-12:15 PM <i>Tai Chi</i> Robert Studio B	11:00-11:45 AM <i>Silver Sneakers</i> Fern Studio B				
						
	5:30-6:15 PM <i>Abs and Sculpt</i> Aaron Studio B	7:00-7:45 PM <i>PILATES Adult/ Teen</i> David Studio B	5:30-6:15 PM <i>Y-Pump/TRX</i> Laurie Studio B			
7:00-7:45 PM <i>Pro-Boxing</i> Mitri Studio B	6:30-7:15 PM <i>VINYASA Yoga</i> Jen Studio B	7:45-8:30 PM <i>ZUMBA</i> Michelle Studio B	6:30-7:30 PM <i>HATHA Yoga</i> Lisa Studio B			
7:45-8:30 PM <i>KICKBOXING</i> Carl Studio B	7:45-8:30 PM <i>HIIT Circuit</i> Aaron Studio B	8:30-9:30 PM <i>HATHA Yoga</i> Kristen Studio B	7:45-8:30 PM <i>HIIT Circuit</i> Aaron Studio B			
				<p>Classes are subject to change without notice.</p>		
						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Diane	5:45 AM Rob	5:30 AM Diane	5:45 AM Rob	5:30 AM Diane		9:00 AM Laurie
8:30 AM Diane	7:45 AM Diane	8:30 AM Diane	7:45 AM Diane		9:00 AM Jen	
		12:30 PM Laurie		8:30 AM Diane		
7:00 PM Greg	7:30 PM Rob	7:00 PM Greg	7:00 PM Jen	