



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

FOR MORE INFORMATION CONTACT:

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ZOOM CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:00 AM</b>		HEALING		HEALING STRETCH (Diane)	PILATES (Diane)
<b>10:00AM</b>	CARDIO GO {Diane}	AOA AEROBICS {Fern}		CARDIO GO {Fern}	
<b>10:30 AM</b>			SILVER SNEAKERS {Fern}		
<b>6:30 PM</b>		YOGA (Lisa)		YOGA (Lisa)	

Must be a Y Sustaining Member to participate

Family YMCA at Tarrytown PO Box 580, Tarrytown NY 10591 [www.ymcatarrytown.org](http://www.ymcatarrytown.org) (914) 631-4807