



FOR MORE INFORMATION CONTACT:

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FAMILY YMCA AT TARRYTOWN ZOOM AND KINGSLAND PARK, SLEEPY HOLLOW* 9.2-10.2 2020						
ZOOM CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM		AB BLAST/SCULPT {Diane}				
7:30 AM					Relaxation** Stretch Kingsland Park	
8:00AM	HEALING STRETCH {Diane}	AB BLASTSCULPT {Diane}	HEALING STRETCH {Diane}	AB BLAST/SCULPT {Diane}		PILATES PROPS {Diane}
9:00 AM			Pilates** Kingsland Park			
10:00AM	CARDIO GO {Diane}	AOA AEROBICS {Fern}		CARDIO GO {Diane}		
10:30 AM			SILVER SNEAKERS {Fern}			
6:30 PM		HATHA YOGA {Lisa}		HATHA YOGA {Lisa}		

*Schedule subject to change. ** Weather permitting; please email Diane McCarthy directly if there is suspected inclement weather at dianem@ymcatarrytown.org