



FOR MORE INFORMATION CONTACT:

Lesa Dalton
Associate Executive Director
lesad@ymcatarrytown.org

Diane McCarthy
Health and Fitness Coordinator
dianem@ymcatarrytown.org

FAMILY YMCA AT TARRYTOWN ZOOM AND KINGSLAND PARK, SLEEPY HOLLOW* AUGUST 2020						
NOTE ALL CLASSES WILL BE ZOOM WEEK OF 8/17!						
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}	YOGA {Jen}	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