



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 10.3.20-10.31.20						
ZOOM CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM		AB BLAST/SCULPT {Diane}				
7:30 AM						
8:00AM	HEALING STRETCH {Diane}	AB BLASTSCULPT {Diane}	HEALING STRETCH {Diane}	AB BLAST/SCULPT {Diane}	RelaxationStretch {Diane}	PILATES PROPS {Diane}
9:00 AM			Pilates {Diane}			
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