
























FAMILY YMCA at TARRYTOWN

GROUP EXERCISE SCHEDULE

February 12, 2019- March 31, 2019

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

SPINNING

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	 SPINNING	9:00 AM Laurie
8:30 AM Diane	7:45 AM Diane	8:30 AM Diane	7:45 AM Diane	 SPINNING	10:30 AM Greg	
 SPINNING	 SPINNING	12:30 PM Laurie	 SPINNING	8:30 AM Diane		
6:15 PM Greg	7:30 PM Rob	6:15 PM Greg	7:30 PM Greg	 SPINNING		