



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR MORE INFORMATION CONTACT:

Lesla Dalton
Associate Executive Director
lesad@ymcatarrytown.org
Diane McCarthy
dianem@ymcatarrytown.org

ZOOM CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM		HEALING		HEALING STRETCH (Diane)	PILATES (Diane)
10:00AM	CARDIO GO {Diane}	AOA AEROBICS {Fern}		CARDIO GO {Fern}	
10:15 AM			SILVER SNEAKERS {Fern}		
6:30 PM		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 (914) 631-4807