



RYE YMCA GROUP FITNESS CLASS SCHEDULE

SESSION IV: April 16- June 18, 2012

All classes held in Group Exercise Studio except ** Class held in Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 -7:00 AM POWER EXPRESS Susan	6:00-7:00 AM SUNRISE YOGA Samantha	6:15-7:00 AM CORE MIX Diana	6:00-7:00 AM SUNRISE YOGA Justin	6:15-7:00 AM CORE MIX JT/Diana	7:30-8:25 AM POWER HOUR Diana	
	SPIN-STRONG 7:00-7:30 AM-Spin room 7:30-7:55 Core Strength- Group ex studio	7:00-7:45 AM *LS friendly YOGA EXPRESS Julia	SPIN-STRONG 7:00-7:30 AM-Spin 7:30-7:55 Core Strength- Group ex studio	7:30-8:45 AM YIN YOGA Bill		
8:30-9:30 AM TOTAL BODY WORKOUT Diana	8:30-9:25 AM CORE/ABS & WEIGHTS Diana/JT	8:30-9:15 AM POWER EXPRESS 9:15-9:30 CORE Diana	8:30-9:20 AM ZUMBA Martha	9:00-10:00 AM Margaret/Denise	8:30-9:30 AM ZUMBA Martha/Maria	8:30-9:30 AM *LS El/Diana
9:30-10:30 AM Majju/Diana	9:30-10:30 AM CARDIO KICKBOXING Yvette	9:30-10:30 AM CARDIO CIRCUIT JT	9:30-10:30 AM BLAST CONDITIONING JT	10:00-10:45 AM PILATES WITH WEIGHTS Majju	YOUTH KARATE 10:00-1:00 PM *Paid and registered	9:30-10:20 AM ** ZUMBA Maria/Martha
10:30-11:15 AM PILATES Majju	10:30-11:30 AM DYNAMIC VINYASA YOGA Samantha	10:35-11:25 AM MEGA ZUMBA MIX Martha	10:45-11:45 AM BABY & ME YOGA/PILATES *paid and registered	11:00-12:00 PM Majju/Diana		10:45-12:00 PM VINYASA YOGA Justin/Kelly
12:00-12:50 PM KICKBOXING/CORE EXPRESS Yvette	12:00-1:00 PM *LS Majju/Diana	12:00-12:45 PM PILATES Rebecca	12:00-1:00 PM *LS Majju/Diana	12:00-12:45 PM PILATES Rebecca	Please see Wainwright Schedule for more choices	
1:00-2:00 PM VINYASA YOGA Samantha	1:00-2:00 PM VINYASA YOGA Kelly	1:00-2:00 PM VINYASA YOGA Monique	1:00-1:45 PM YOGA/PILATES Rebecca	1:00-2:00 PM *LS friendly TAI-CHI Joy		3:30-4:15 pm FAMILY ZUMBA Christina 5 yrs & up with parent
	* 3:30-4:15 PM TEEN ZUMBA	* 3:30-4:15 PM TEEN YOGA				
4:30-5:20 PM CORE WITH WEIGHTS Teresa	4:30-5:15 PM STRENGTH & CONDITIONING JT	4:30-5:20 PM TOTAL BODY CIRCUIT Jayne	4:30-5:20 PM CORE POWER Diana	4:30-5:30 PM CORE & STRENGTH YOGA Justin	4:30-5:25 PM CORE AND MORE Diana/El	4:30-5:30 PM Sarah
5:30-6:10 PM PILATES Rebecca	5:30-6:20 PM Express Margaret/Kathy	5:30-6:15 PM *LS friendly PILATES Jayne	5:30-6:20 PM *LS ZUMBA EXPRESS Christina	*LIVESTRONG friendly classes are recommended as well as others for classes.		5:30-6:20 PM TOTAL BODY Gina * 15 yrs old with parent
6:15-7:15 PM *LS Friendly Majju/Diana	6:30-7:30 PM Susan	6:15-7:00 PM CARDIO STRENGTH Kathy	6:30-7:30 PM Teresa	6:00-7:00 PM *LS Friendly Kathy	ALL ADULT CLASSES ARE FREE TO MEMBERS CLASSES ARE IN GROUP FITNESS STUDIO www.ryeymca.org 914-967-6363	
7:15-7:45 PM CORE BLAST Diana		7:00-7:45 PM PILATES Kathy		7:00-7:45 PM ZUMBA TOTAL BODY Christina		
7:45-8:30 PM ZUMBA Martha	7:30-8:30 PM VINYASA YOGA Justin	7:45-8:30 PM ZUMBA Soraya	7:30-8:30 PM Denise	Group exercise classes are limited in size to ensure safety of participants.		
		8:30-9:00 PM CORE EXPRESS Gina		If an instructor indicates class is filled kindly respect		
					Classes 16 yrs and older if not marked with *	