



The Yoga Center at WAINWRIGHT HOUSE

260 Stuyvesant Avenue Rye, NY 10580 914-967-6363 YMCA

SESSION III: January 30– April 15, 2012

Spirit, Mind, and Body Classes offered by the Rye YMCA

Free to Y Members: Others-10 Class card \$175 Monthly Class card \$195

20 Class Card \$325 Monthly Unlimited \$195 CLASSES FREE TO YMCA MEMBER For questions regarding classes, call Diana Vita at (914) 967-6363 ext. 211

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00-8:45 AM PILATES PLUS (Maiju)	8:00-9:00 AM VINYASA YOGA (Samantha)
9:15-10:00 AM ZUMBA (Maria)	9:15-10:15 AM PILATES (Liz)	9:15-10:00 AM PILATES WITH WEIGHTS 10:00-10:45 AM TOTAL BODY CORE (Both Maiju) *sneaker class	9:15-10:15 AM VINYASA YOGA (Samantha) 10:30-11:30 AM GENTLE YOGA *UPSTAIRS (Diane N.)	9:15-10:00 AM ZUMBA (Maria)	9:00-10:00 AM VINYASA YOGA (Kelly)	9:15-10:15 AM VINYASA YOGA (Monique)
10:15-11:15 AM PILATES/YOGA (Monique)	10:30-11:45 AM GENTLE YOGA (Barbara)	11:00-11:45 AM SENIOR SPIRIT (Michael)	10:30-12:00 PM ASTHANGA YOGA (Michael Day)	10:30 -11:45 AM MODERATE YOGA (Barbara)	10:15-11:30 AM ASTHANGA YOGA (Lois)	10:30-11:45 AM KUNDALINI YOGA (Peggy)
	1:00-1:45 PM LIMBERCIZE (Seniors) Kimball		1:00-1:45 PM LIMBERCIZE (Seniors) Joy	1:00-1:45 PM ZUMBA TONING (Seniors) Stephanie		
2:00-2:45 PM SENIOR SPIRIT (Michael)			Parent Child/Yoga & Creative Movement 4:30-5:30 PM *registered class Nora			
6:45-8:00 PM RESTORATIVE YOGA (Carol)	6:15-7:30 PM DEEP VINYASA (Lois)	6:45-8:00 PM RESTORATIVE YOGA (Carol)	6:15-7:30 pm INTEGRAL HATHA YOGA (Nora)			