



The Yoga Center at WAINWRIGHT HOUSE

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

SESSION I: September 7-November 12, 2010

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

Free to Y Members: Others-Single Class \$180 10 Classes \$165

Monthly unlimited \$175 **CLASSES FREE TO YMCA MEMBERS** revised 9/01/2010

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)	
9:15-10:00 AM ZUMBA (Maria)	9:15-10:15 AM Pilates (Liz)	9:15-9:55 AM Pilates with weights 10:05-10:45 AM Light Pilates (Both Maiju)	9:00-10:00 AM Open Hatha Yoga 10:15-11:15 AM Power Flow Yoga (both by Samantha)	9:15-10:00 AM ZUMBA (Maria)	9:00-10:00 AM Vinyasa Yoga (Julia)	9:00-10:00 AM Enjoy Yoga (Julia)
10:15-11:00 AM Pilates (Rebecca)	10:30-11:45 AM Gentle Yoga (Barbara)	11:00-11:45 AM Senior-Spirit (Michael) Ages 55+		10:30 -11:45 AM Moderate Yoga (Barbara)	10:15-11:30 AM Ashtanga Yoga (Lois)	10:30-11:45 AM Kundalini Yoga (Peggy)
	1:00-1:45 PM Limbercize (Seniors) Ages 55+		1:00-1:45 PM Limbercize (Seniors) Ages 55+	1:00-1:45 PM Limbercize (Seniors) Ages 55+		
4:30-5:30 PM Happy Monday Gentle Yoga/ Pilates (Diane)			4:30-5:45 PM Integral Hatha Yoga (Nora)			
6:45-8:00 PM Restorative Yoga (Carol)	6:15-7:15 PM DEEP VINYASA (Lois)	6:45-8:00 PM Restorative Yoga (Carol)	6:15-7:30pm Integral Hatha Yoga (Nora)		Schedule subject to change; please check updates regularly	

Rye YMCA members can take free advantage of a full schedule of yoga and other group classes at the Yoga Center at the Wainwright House. The setting at 260 Stuyvesant Avenue in Rye, only 2.6 miles from here, is situated on an estate facing the water in a newly-renovated group exercise studio and is managed as an off-site annex to the Y. The carriage house setting offers ample parking and a serene out-of-the way atmosphere.

The current instructors there are all part of our Y staff family and are all certified in their fields and offer the same high quality of spirit, mind and body classes as those at the Y main site.

How to take advantage of all this? Just stop by the Rye YMCA front desk, show your membership card, and they will issue you a Wainwright House "Access Card*" to present there and be kept on file. And parking? Use **only** the first driveway, please (clearly marked with signs) and not the main driveway and parking lot for the main house.

DIRECTIONS: Go right out of Y parking lot onto Mead Place Go up to corner and turn right onto Locust St. in front of the Y. Up to Purchase St. and turn right. Go 2 lights until you see the Citibank. Bear left at Citibank and immediate right onto Milton Rd. All the way to the end of Milton Road and turn left onto Stuyvesant (sign says "to all clubs"). Driveway is on right at 260 Stuyvesant. Kindly park on both sides of drive.

Be sure to cross-reference the Y class schedule for many other classes and times.

YOGA STYLES:

Gentle: Basic yoga postures and stretch for all levels

Vinyasa: Flowing postures for all levels (a.k.a "Power Yoga")

Restorative: Using props to help still and soothe the mind

Kundalini: The most ancient of all yoga forms, stemming from the breath

Ashtanga: This powerful and vigorous practice purifies and realigns the body, cultivating a feeling of inner peace, and leading to a natural state of meditation.

Open Hatha Yoga: Class welcomes a wide range of students and levels.

Modifications are offered for those who are new to yoga while challenging variations are available for advanced students.

POWER FLOW YOGA: This class is a vigorous, flowing class that connects breath with movement. It offers a challenging workout for building strength, flexibility and body awareness.

Pilates:

Yoga-based and concentrating on the core muscles (abdominals and lower back), class consists of a series of mat exercises using a combination of stretch and isometric contractions

