



Rye YMCA Classes Located at
The Yoga Center at WAINWRIGHT HOUSE
 260 Stuyvesant Avenue Rye, NY 10580 914-967-6363 YMCA

November 10—January 25, 2019
CLASSES FREE TO RYE Y MEMBERS 14 & UP
 Non-Members can participate and see program guide for costs.
 For any 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 Laura	9:00—10:00 AM YOGA BLEND Liz	9:15-10:00 AM PILATES WITH WEIGHTS 10:00-10:45 AM STRENGTH/TONING & CORE Maiju	9:15-10:15 AM VINYASA YOGA Samantha	9:15-10:00 AM MEGA ZUMBA Martha 10:30 -11:45 AM DEEP FLOW YOGA Naomi	9:00-10:00 AM VINYASA MIND & BODY Naomi/Shari	9:15-10:30 AM YOGA FOR STRENGTH & FLEXIBILITY Julia
10:15-11:15 AM BARRE FUSION Susan	10:30-11:45 AM GENTLE YOGA Barbara	11:00-11:45 PM GENTLE CHAIR EXERCISE Michael	10:30-11:30 AM GENTLE YOGA Barbara		10:15-11:30 AM ASHTANGA YOGA 11:30-11:45 AM MEDITATION Lois	
			1:15—2:00 PM MOVE & GROOVE Joy	1:00-1:45 PM ZUMBA GOLD TONING Angela		
2:00-2:45 PM GENTLE CHAIR EXERCISE Michael	1:15-2:00 PM TONE UP Angela			2:00-2:45 PM GENTLE CHAIR EXERCISE Michael		4:30-6:00 PM YIN YOGA Bill
6:45-8:00 PM YOGA in SYNC Liz	6:15-7:30 PM DEEP VINYASA 7:30-7:45 PM MEDITATION Lois	6:30 -7:30 PM RESTORATIVE YOGA Julia	6:30-7:30 PM VINYASA YOGA JT	3:30-4:45 PM CLASSIC HATHA YOGA Nora		