

FAMILY YMCA TARRYTOWN  
GROUP EXERCISE SCHEDULE  
May 31, 2010 TO Aug. 27, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45am Pilates w/ Props Diane Studio C	8:30 - 9:15am Power Stretch Diane	6:00 - 6:45am Pilates Mat I & II Diane Studio C	8:15 - 9:15am Vinyasa Yoga Julianna / St. C	7:45 - 8:30am Advanced STEP Diane	
9:05 - 9:55am ZUMBA Ilene	8:15 - 9:15am Hatha Yoga Julianna / St. C	9:15 - 10:00am Y-Pump Diane		9:05 - 9:55am Cardio Jam Fern	8:30 - 9:15 am Pilates w/ Props Diane Studio B	
9:15 - 9:55am Pilates Mat I & II Diane Studio C	9:05 - 10:00am Mat I & II Fern	10:05 - 11:30am Hatha Yoga Studio C	9:15 - 9:55am Pilates w/ Props Diane	9:15 -10:00am AOA Aerobics Diane TT Senior Center		8:45 - 9:55am Vinyasa Yoga Julianna Studio A GYM
10:15 - 11:00 am AOA Strength Fern Studio C	10:15 - 11:00 am AOA Aerobics Fern Studio C		10:15 - 11:00 am AOA Aerobics Carl Studio C	10:00 - 11:00 am Pilates w/Prop Fern Studio C	10:50 - 12:15pm Yoga (Beg./Int.) Stacey	10:00 - 11:00am Cardio Sculpt Natalie
11:00 - 11:45 am Silver Sneakers Fern		11:00 - 11:45am Silver Sneakers Fern		11:30 - 12:15pm AOA Aerobics  TT Neighborhood House		
	5:30 - 6:25 pm Abs and Sculpt Diane		5:30 - 6:25 pm Abs and Sculpt Stacey	<b>SPINNING CLASSES STUDIO B</b>		
<b>SPINNING STUDIO B SEE BELOW</b>	<b>SPINNING STUDIO B SEE BELOW</b>	<b>SPINNING SEE BELOW</b>	<b>SPINNING SEE BELOW</b>			
6:30 - 7:45pm Vinyasa Yoga Bill Studio C		7:00 - 8:00PM ZUMBA Ilene Studio C	7:00 - 8:15PM Hatha Yoga Bill Studio C			
7:00 - 7:55pm Y - Pump Diana	7:30 - 8:15 pm Pilates w/Props Diane	7:00 - 7:55 pm Y- Pump Racquetball	7:30 - 8:15 pm Pilates Mat I & II Stacey Studio B	***Group Personal Training Up to 15 Sessions Available for a Fee Please see front desk for details		
8:00 - 9:00 pm Aerobic Kickboxing Carl		8:00 - 9:00pm Bosu Carl		<b>Classes are subject to change without notice</b>		
8:15 - 9:30 pm Tae Kwon Do Nelson Racquetball Courts		8:15 - 9:30 pm Tae Kwon Do Nelson Racquetball Courts				
<b>SPINNING</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Diane	5:45 - 6:30am Claudine	6:00 - 6:45am Diane	5:45 - 6:30am Claudine	6:00 - 6:45am Diane	9:30 - 10:15am Eugene	9:00 - 9:45am Anna
10:00 - 10:45am Diane	10:00 - 10:45am Carl	10:15 - 11:00am Diane	10:00 - 10:45am Diane	10:00 - 10:45am Greg		
6:00 - 6:45pm Diane	6:30 - 7:15pm Diane	6:00 - 6:45pm Greg	6:30 - 7:15pm Stacey			
						