



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**FAMILY YMCA AT TARRYTOWN
ZOOM GROUP EXERCISE CLASS SCHEDULE
STARTING JANUARY 20, 2025**

INSTRUCTOR	DAY	TIME	LINK
FERN	MONDAY	10 AM	<u>MONDAY WITH FERN</u>
LISA	TUESDAY	6:30 PM	<u>TUESDAY WITH LISA</u>
FERN	WEDNESDAY	10 AM	<u>WEDNESDAY WITH FERN</u>
LISA	THURSDAY	6:30 PM	<u>THURSDAY WITH LISA</u>