

**LIVE RYE YMCA GROUP EXERCISE CLASSES – updated 1/17/21**  
**See next page for classes via Zoom. All classes below are at the Rye Y.**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00-6:45am*</b> <b>Indoor Cycling</b> Kim		<b>6:00-6:45am*</b> <b>Indoor Cycling</b> John		<b>6:00-6:45am*</b> <b>Indoor Cycling</b> Jenn	
<b>6:45-7:30am</b> <b>Sunrise Workout</b> George (Gymnasium)	<b>6:45-7:30am</b> <b>Core Crunch</b> Diana (Gymnasium & Zoom)	<b>6:45-7:30am</b> <b>Sunrise Workout</b> George Gymnasium	<b>6:45-7:30am</b> <b>Core Crunch</b> Diana (Gymnasium & Zoom)	<b>6:45-7:30am</b> <b>Sunrise Workout</b> George Gymnasium	<b>7:30-8:15am</b> <b>Indoor Cycling</b> Laura <b>New!</b>
<b>9:00-9:45am</b> <b>Core Crunch</b> Diana (also via Zoom)	<b>9:00-9:45am</b> <b>Kickboxing Core</b> Yvette (also via Zoom)	<b>9:00-9:45am</b> <b>Core Crunch</b> Diana (also via Zoom)	<b>9:00-9:45am</b> <b>Kickboxing Core</b> Yvette (also via Zoom)	<b>9:00-9:45am</b> <b>Core Crunch</b> Diana (also via Zoom)	<b>8:30-9:20am</b> <b>Saturday</b> <b>Crunch</b> Diana (also via Zoom)
		<b>10:15-11:00am</b> <b>Yoga</b> JT <b>New!</b>		<b>1:00-1:45pm</b> <b>Tai Chi</b> Joy (also via Zoom)	<b>9:45-10:30am</b> <b>Zumba</b> Laura LIVE CANCELLED still on via ZOOM
<b>2:00-2:45pm</b> <b>Active Fitness</b> Joy (also via Zoom)	<b>5:30-6:15pm</b> <b>Pilates</b> Kathy <b>New!</b>	<b>1:00-2:00pm</b> <b>Mindful Yoga</b> Susan (also via Zoom)		<b>2:00-2:45pm</b> <b>Active Fitness</b> Joy (also via Zoom)	
<b>NEW THIS WEEK:</b> Saturday: 7:30am – Spin with Laura Monday: 10:00am - Pilates & weights with Susan Wednesday: 10:15am – Yoga with JT Tuesday: 5:30pm Pilates with Kathy			<b>Dark Red:</b> <b>Rye Y ExerZone</b> <b>8 spin bikes</b>  <b>Wear mask</b> <b>Bring Water</b>  *6am classes may enter at 5:45am	<b>Magenta:</b> <b>Outdoors if</b> <b>weather permits</b> <b>at the Rye Y.</b>  <b>Bring Mat and</b> <b>Water</b>  Classes may be held in group ex studio due to weather conditions.	<b>Purple:</b> <b>In the Rye Y</b> <b>Group Ex</b> <b>Studio or</b> <b>Gymnasium</b>  <b>Wear mask</b> <b>Bring mat</b>
<p><b>You must reserve a spot in all LIVE classes.</b></p> <p><b>Please call 914-967-6363 to reserve – you may now reserve 2 days before your class.</b></p> <p><b>Please arrive early for check in and health-check.</b></p> <p><b>Please bring a mat and water.</b></p>					

## ZOOM RYE YMCA GROUP EXERCISE CLASSES – updated 1/15/21

Classes with \* are also offered LIVE. See previous page for more LIVE classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
	<b>6:45-7:30am</b> <b>Core Crunch*</b> Diana	<b>6:45-7:06am</b> <b>21 Minute Challenge</b> Diana	<b>6:45-7:30am</b> <b>Core Crunch*</b> Diana			<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;">m</div> <div style="margin-bottom: 10px;">ba</div> <div style="margin-bottom: 10px;">SPECIAL CLASS! 1/17</div> <div style="margin-bottom: 10px;">9:30-10:15am</div> <div>Zumba Martha</div> </div>
<b>8:00-8:45am</b> <b>Vinyasa Yoga</b> Samantha	<b>8:00-8:45am</b> <b>Vinyasa Yoga</b> Samantha	9:30-10:15 Full body stretch/toning Heather Great for seniors			<b>8:30-9:20am</b> <b>Saturday Crunch*</b> Diana	
<b>9:00-9:45am</b> <b>Core Crunch*</b> Diana		<b>9:00-9:45am</b> <b>Core Crunch*</b> Diana	<b>9:00-9:45am</b> <b>Kickboxing Core*</b> Yvette	<b>9:00-9:45am</b> <b>Core Crunch*</b> Diana	<b>9:00-10:00am</b> <b>Vinyasa Yoga</b> Naomi/Shari	
9:30-10:15am Full body stretch/toning Heather Great for seniors	<b>9:00-9:45am</b> <b>Kickboxing*</b> Yvette New time	<b>10:15-11:00am</b> <b>Yoga*</b> JT <b>New!</b>	<b>9:00-10:00am</b> <b>Functional Yoga</b> Barbara S Great for seniors	<b>10:00-11:00am</b> <b>Mindful Yoga</b> Naomi	<b>9:45-10:30am</b> <b>Zumba</b> Laura	
<b>10:00-10:45am</b> <b>Pilates &amp; Weights*</b> Susan <b>New!</b>	<b>10:30-11:30am</b> <b>Gentle Yoga</b> Barbara S. Great for seniors	<b>10:30-11:15am</b> <b>Zumba</b> Martha	<b>10:15-11:00am</b> <b>Pilates</b> Maiju	<b>10:30-11:15am</b> <b>Mega Zumba</b> Laura - sub	<b>10:30-11:30pm</b> <b>Ashtanga Yoga</b> Lois	
					<b>Members:</b> Please register at <a href="http://www.ryeymca.org">www.ryeymca.org</a> for a Virtual Group Exercise Class Pass. You will receive Zoom links in a follow-up email.	
<b>2:00-2:45pm</b> <b>Active Fitness</b> Joy Great for seniors		<b>1:00-2:00pm</b> <b>Mindful Yoga*</b> Susan Jones	<b>JOIN OUR 2021 21 Day challenge!</b> <b>See the next page for details!</b>	<b>1:00-1:45pm</b> <b>Tai-Chi*</b> Joy Great for seniors		
<b>5:30-6:15pm</b> <b>Interval Toning</b> Teresa	<b>3:00-3:45pm</b> <b>Tai-Chi</b> Rob Great for seniors	<b>2:00-2:45pm</b> <b>Active Fitness</b> Stephanie Great for seniors		<b>2:00-2:45pm</b> <b>Active Fitness*</b> Joy - New! Great for seniors		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <b>Blue: Use Group Ex Zoom Link</b>   <b>Passcode: fitness</b> </div> <div style="width: 45%;"> <b>Green: Use Yoga/Pilates Zoom Link</b>   <b>Passcode: fitness</b> </div> </div>
	<b>4:30-5:30pm</b> <b>Yoga</b> Samantha	<b>NEW THIS WEEK: ZOOM &amp; LIVE</b>				
<b>7:15-8:00pm</b> <b>Zumba</b> Martha	<b>5:30-6:15pm</b> <b>Pilates*</b> Kathy <b>New!</b>	Monday: 10:00am - Pilates & weights with Susan Wednesday: 10:15am - Yoga with JT Tuesday: 5:30pm - Pilates with Kathy		WHITE Full body stretch/toning with Heather Please email <a href="mailto:Vickie@ryeymca.org">Vickie@ryeymca.org</a> for the link		