

NINE DAY RYE YMCA EXERCISE CLASS SCHEDULE (September 19, 2020 to September 27, 2020)

Sat - 9/19/2020	Mon - 9/21/2020	Tue - 9/22/2020	Wed - 9/23/2020	Thu - 9/24/2020	Fri - 9/25/2020	Sat - 9/26/2020	DETAILS
Watch for New Classes	6:45-7:30am Workout of the Day George Bring mat and water!	6:45-7:30am Body Bar & Bands Diana Bring mat and water!	6:45-7:30am Workout of the Day Jason Bring mat and water!	6:45-7:30am Body Bar & Bands Diana Bring mat and water!	6:45-7:30am Workout of the Day George Bring mat and water!	Watch for New Classes	<p>Red or Green Boxes: Zoom (Virtual) Class. Register at www.ryeymca.org and receive your Zoom link (via email).</p> <p>Red Boxes: Use Fitness Zoom Link.</p> <p>Green Boxes: Use Yoga Pilates Zoom.</p> <p>Blue Boxes: OUTDOOR CLASSES: ARRIVAL - Come 5 min early (wear mask) to check-in. WHAT TO BRING: Water bottle. Towel, mat (we can supply, if needed) and hand weights, per class description. Masks are required but can be removed during exercise. Please wear sunscreen. RESERVATIONS are required. and must be made the day before your class (Call Sat for Mon classes). Call the Y at 914-967-6363 to book. Also, please sign new waiver electronically before you arrive at the Y.</p>
8:30-9:30am Crunch (Live/Virt.) Diana Bring mat and water!	8:00-9:00am Vinyasa Yoga Samantha	8:00-9:00am Vinyasa Yoga Samantha	Watch for New Outdoor Classes!	Watch for New Classes	Watch for New Outdoor Classes!	8:30-9:30am Crunch (Live/Virt.) Diana Bring mat and water!	
9:00-10:00am Vinyasa Yoga Naomi/Shari	9:00-9:45am Core Crunch Diana	9:25-10:20am Pilates/Yoga Liz	9:00-9:45am Core Crunch Diana	9:00-10:00am Functional Yoga Barbara S Great class for seniors	9:00-9:45am Core Crunch Diana	9:00-10:00am Vinyasa Yoga Naomi/Shari	
10:30-11:30 pm Ashtanga Yoga Lois	2:00-2:50pm Active Fitness Joy Great class for seniors	9:45-10:30am Kickboxing (Live/Virt.) Yvette Bring mat and water!	10:30-11:15am Zumba Martha	9:45-10:30am Total Body Circuit Diana Bring mat and water!	10:00-11:00am Mindful Yoga Naomi	10:30-11:30 pm Ashtanga Yoga Lois	
Watch for New Classes	Watch for New Classes	10:30-11:30am Gentle Yoga Barbara S Great class for seniors	1:00-2:00pm Mindful Yoga Susan Jones	10:15-11:00am Pilates Maiju	10:30-11:15am Mega Zumba Martha	Watch for New Classes	
Sunday 9/20/2020	4:30-5:10pm Interval Toning Teresa	3:00-3:45 pm Tai-Chi Rob	2:00-2:45pm Active Fitness Stephanie Great class for seniors	Watch for New Classes	1:00-2:00pm Tai-Chi Joy Zoom - Great for seniors	Sunday 9/27/2020	
9:30-10:15am Zumba Martha	7:15-8:00pm Zumba Martha	6:30-7:30 pm Vinyasa Yoga Lois	Watch for New Classes	Watch for New Outdoor Classes!	Watch for New Classes	Watch for New Classes	
							