

LIVE GROUP EXERCISE CLASSES – held at the RYE YMCA – updated 7/29/21

See next page for classes via Zoom. All classes below are at the Rye Y.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am Indoor Cycling Pete ExerZone		5:45-6:45am Indoor Cycling John ExerZone	6:30-7:15am Core Crunch Diana OUTDOORS	5:45-6:30am Indoor Cycling Laura M. ExerZone	
6:30-7:15am Pop-Up Boot Camp Diana OUTDOORS	6:30-7:15am Core Crunch Diana OUTDOORS	6:45-7:30am Sunrise Workout George GYMNASIUM		6:30-7:15am Sunrise Workout OUTDOORS - Pete	
		8:00-8:55am - NEW! Pop-up Vinyasa Yoga Samantha	9:15-10:00am Kickboxing Core Yvette (Zoom also)		
9:00-10:00am Core Crunch Diana	9:00-9:45am Kickboxing Core Yvette (Zoom also)	9:00-9:50am Core Crunch Diana (Zoom also)	10:15-11:15am Functional Yoga Barbara S (Zoom also)	9:00-10:00am Core Crunch Diana (Zoom also)	8:30-9:30am Core Crunch OUTDOORS Diana (Zoom also)
10:45-11:45am Vinyasa Yoga Samantha		10:30-11:15am Mega Zumba Martha (Zoom also)		10:30-11:15am Zumba Martha (Zoom also)	9:45-10:30am Zumba Laura - Group Ex studio (Zoom also)
	12:00-12:45 Pilates/Barre Susan	1:00-2:00pm Mindful Yoga Susan (Zoom also)		12:00-1:00pm Yoga Susan (Zoom also)	Purple = Gentle class
2:00-2:45pm Active Fitness Joy (Zoom also)	4:30-5:15pm Pilates Diana	2:10-2:55pm Active Fitness Stephanie	4:30-5:15pm Pilates/Toning Kathy	1:10-1:55pm Tai Chi Joy (Zoom also)	
5:30-6:15pm Bars & Core Hanan		4:30-5:30pm Vinyasa Yoga Samantha		2:00-2:45pm Active Fitness Joy (Zoom also)	Reservations required – www.ryeymca.org



POP UP CLASSES THIS WEEK

Monday, 6:30am - Boot Camp with Diana
Wednesday, 8:00am - Vinyasa Yoga with Samantha

ZOOM RYE Y GROUP EXERCISE CLASSES – updated 7/29/21

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00-9:00am Vinyasa Yoga Samantha	8:00-9:00am Vinyasa Yoga Samantha				8:30-9:30am Saturday Crunch* Diana	
9:00-9:45am Core Crunch* Diana		9:00-9:50am Core Crunch* Diana	9:15-10:00am Kickboxing Core* Yvette	9:00-10:00am Core Crunch* Diana	9:00-10:00am Vinyasa Yoga Naomi/Shari	
	9:00-9:45am Kickboxing* Yvette		10:15-11:15am Functional Yoga* Barbara S NEW TIME!	10:00-11:00am Mindful Yoga Naomi	9:45-10:30am Zumba * Laura	
	10:30-11:30am Gentle Yoga Barbara S.	10:30-11:15am Zumba* Martha		10:30-11:15am Mega Zumba* Martha	10:30-11:30pm Ashtanga Yoga Lois	
				12:00-1:00pm Yoga* Susan	<p>Members:</p> <p>Please access Zoom classes at: virtualryeymca.y.org</p> <p>Or click on the Virtual Y button on at ryeymca.org</p> <p>You'll need your 6-digit barcode number on your membership card.</p>	
2:00-2:45pm Active Fitness* Joy		1:00- 2:00pm Mindful Yoga* Susan Jones		1:10-1:55pm Tai-Chi* Joy		
	3:00-3:45pm Tai-Chi Rob	2:10-2:55pm Active Fitness Stephanie		2:00-2:45pm Active Fitness* Joy		
				PURPLE		
7:15-8:00pm Zumba Martha				Gentle Classes		