



GROUP FITNESS SCHEDULE

Mind and Body

NEW YEARS WEEK 2019-20 *



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mon 12/30

8:00-9:00 AM

Vinyasa Yoga

Nina H

9:15-10:15 AM

Yoga For All

Steve

10:30-11:30 AM

Healing Qigong

(seated)

Meeting Room

Michelle Q

10:30-11:30 AM

L&L Intervals

Lisa C.

11:45-12:45 PM

Core & More

Vicki

1:00-2:00 PM

Slow Flow Yoga

Vicki

5:30-6:30 PM

Pilates Barre

Susan

6:45-7:45 PM

Hatha Yoga

Greg

7:45-8:15 PM

Meditation

Greg

Tue 12/31

8:00-9:00 AM

Sheng Zhen

Meditation (Qigong)

Michelle Q

9:15-10:15 AM

Hatha Yoga

Nina

10:30-11:30 AM

Essentrics

June

11:45-12:45 PM

Yoga For All

Steve

1:00-2:00 PM

Pilates Mix

Alice

**THE YMCA
WILL
CLOSE AT
2:00PM
TUE
12/31.**

Wed 1/1/20

9:15-10:15 AM

Vinyasa

Nina H (subbing)

**THE
YMCA
WILL
BE OPEN
8:00AM-
12:00PM
WED 1/1.**

**HAPPY
NEW
YEAR!**

Thu 1/2

8:00-9:00 AM

Core Barre

Judy

9:15-10:15 AM

Hatha Yoga

Michelle D

10:30-11:30 AM

Essentrics

Dyan

11:45-1:00 PM

Kundalini Yoga

Greg

1:15-2:15 PM

Hatha Yoga

Autumn

6:15-7:15 PM

NEW! Balance &

Flex Together

Denise/Judy

Fri 1/3

8:00-9:00 AM

Yoga for All

Steve

9:15-10:15 AM

Vinyasa

Nina

10:15-11:00AM

Chair Aerobics

Meeting Room

Ruth

10:30-11:30 AM

Dance Fusion

Gayle

11:45-12:45 PM

Pilates Barre

Jane

1:00-2:00 PM

Tai Chi

Deby

5:15-6:15 PM

Yoga

Mark

6:30-7:30 PM

Zumba

Beth

Sat 1/4

8:00-9:00 AM

Vinyasa Flow

Julian

9:15-10:15 AM

Pilates Mat

Alice

10:30-11:30 AM

L&L Yoga

Amy V.

10:30-11:15 AM

Seated Yoga

Meeting Room

Amy O

11:45-12:45 PM

Essentrics

June

1:00-2:00 PM

Kundalini Yoga

Mark

Sun 1/5

8:00-9:00 AM

Vinyasa Flow

Nina H

9:15-10:15 AM

Y-Method

Judy

10:30-11:30 AM

Body Sculpt

Robin

11:45-12:45 PM

Vinyasa

Ana

1:00-2:00 PM

Family Yoga

Mark

4:00-5:00 PM

Gentle Yoga

Nancy

**ALL MIND AND BODY CLASSES ARE HELD IN STUDIO C
UNLESS OTHERWISE NOTED.**

**CLASSES / INSTRUCTORS ARE SUBJECT TO CHANGE.
PLEASE CHECK SCHEDULE ONLINE WESTPORTY.ORG/SCHEDULES
(SCROLL MID-PAGE) OR ON OUR APP.**

***updated 12.19.19**

WESTPORT WESTON FAMILY YMCA

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QUESTIONS?

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