

# Darien YMCA – GROUP CLASS SCHEDULE: Mind/Body Studio 2

Mon – Fri: 5 a.m. – 9:45 p.m.; Sat: 7 a.m. – 6:45 p.m.; Sun: 8 a.m. – 5:45 p.m. Telephone: 203.655.8228

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:25-6:25 <b>Sweet Morning Flow Yoga</b> Monica		5:25-6:25 <b>Sweet Morning Flow Yoga</b> Monica		
	7:15 – 7:45 <b>Rock Solid</b> Jessica	6:30 – 7:45 <b>Yoga 2/3</b> Rita S.		6:30 – 7:45 <b>Yoga 2/3</b> Rita S.	7:15 – 7:45 <b>Rock Solid</b> Jessica	7:15 – 8:15 <b>Rise &amp; Shine</b> Gail
			8:00 – 9:00 <b>Pilates</b> Ellen (Studio 1)			
9:15 - 10:15 <b>Pilates</b> Karyn	8:00 – 9:00 <b>Rise &amp; Shine Yoga</b> Dale	8:15 – 9:15 <b>Pilates w/Props</b> Joyce	8:00 – 9:00 <b>Yoga 1/2</b> Robert	8:15 – 9:15 <b>Pilates on Ball</b> Joyce	8:00 – 9:00 <b>Rise&amp;ShineYoga</b> Dale	8:30 – 9:30 <b>Pilates</b> Marysa
	9:15 – 10:15 <b>Open Level Yoga</b> Paula	<b>9:30 – 10:30 Reformer</b> Steve \$ Extra Fee \$	9:15 – 10:15 <b>Pilates</b> Ellen	<b>9:45 – 10:45 Reformer</b> Steve \$ Extra Fee \$	9:00 – 10:00 <b>Pilates</b> Steve	9:45 – 10:45 <b>Corrective Exercise</b> Steve/Gail
10:30 - 11:45 <b>Open Level Yoga</b> Amanda	10:15 – 11:00 <b>Pilates Sculpt</b> Steve	11:15 – 12:15 <b>Tai Chi</b> Dan	<b>10:30 – 11:30 Reformer</b> Emma \$ Extra Fee \$		<b>10:45 – 11:45 Reformer</b> Emma \$ Extra Fee \$	
	11:00 – 11:45 <b>Power Barre</b> Steve	11:30 – 12:15 <b>Pilates (Studio 1)</b> Karen (Studio 1)	11:45 – 12:30 <b>Em’s Method</b> Emma	11:00 – 12:00 <b>Slow&amp;Gentle Yoga</b> Jill L.	11:45 – 12:30 <b>Em’s Method</b> Emma	11:00 – 12:00 <b>Open Yoga</b> Jill C./Grace Ann
12:15 – 1:15 <b>Pilates</b> Emma		12:15 – 1:30 <b>Yoga 2/3</b> Maria	12:45 – 2:00 <b>Open Level Yoga</b> Talita	12:15 – 1:30 <b>Yoga 1/2</b> Jill C	12:30 – 1:30 <b>Pilates</b> Frances	
1:15 – 2:30 <b>Yoga</b> Grace Ann/Jess	1:30 – 2:30 <b>Open Level Yoga</b> Elysa	1:45 – 3:00 <b>Slow &amp; Gentle Yoga</b> Jill L.		3:30-4:15 <b>Special Needs Yoga</b>	1:30 – 2:30 <b>Open Level Yoga</b> Elysa	
	4:15-4:45 <b>Teen Zumba</b> Ginger \$ Extra Fee \$	4:30 – 5:30 <b>Restorative Yoga</b> Rita Trieger	3:45 – 4:45 <b>Teen Yoga</b> Talita \$ Extra Fee \$	4:30 – 5:30 <b>Restorative Yoga</b> Rita Trieger		4:00-5:00 <b>Yoga 2</b> Amanda
	6:30-7:00 <b>Meditation</b> Monica	6:00 – 6:45 <b>Tabata Tuesday</b> Jermaine		6:00 – 7:15 <b>Strength&amp;Stretch Yoga</b> Jill L.	5:30 – 6:45 <b>Yoga 2</b> Jill L.	
	7:00 – 8:00 <b>Slow&amp;Gentle Yoga</b> Dale	7:15 – 8:15 <b>Pilates</b> Marysa	7:00 – 8:00 <b>Mod. Vinyasa</b> Amanda	7:15 – 8:15 <b>Pilates</b> Susan	7:00-7:30 <b>Special Needs</b> Teen Group	

\*class w/ extra fee require registration\*

**SCHEDULE EFFECTIVE WEDNESDAY FEBRUARY 1<sup>st</sup>, 2017**

Please refer to the Darien Y App for sub updates

Rev. 1/30/17