

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15 - 7:45 <b>Rock Solid *</b> Bev (Virtual/Studio 2)	<b>NEW</b> 6:30 - 7:30 <b>Open Yoga</b> Steve	7:15 - 7:45 <b>Rock Solid *</b> Bev (Virtual/Studio 2)	<b>NEW</b> 6:30 - 7:30 <b>Open Yoga</b> Rita S.	7:15 - 7:45 <b>Rock Solid</b> Bea	
	8:00 - 9:00 <b>Open Yoga</b> Paula	<b>NEW</b> 8:00 - 9:00 <b>Balance Barre</b> Steve	8:30-9:15 <b>Pilates *</b> Ellen (Virtual)	<b>NEW</b> 8:30 - 9:30 <b>Pilates</b> Susan J (9/16 start)	8:00 - 9:00 <b>Open Yoga</b> Paula	8:30 - 9:15 <b>Pilates *</b> Marysa (virtual)
<b>NEW</b> 9:15 - 10:15 <b>Pilates</b> Steve	9:00 - 10:00 <b>Pilates Apparatus</b> Karyn \$ Extra Fee \$		<b>NEW</b> 8:00 - 9:00 <b>Yin/Gentle Yoga</b> Monica		9:15-10:15 <b>Balance Barre</b> Steve	
	<b>NEW</b> 10:30 - 11:30 <b>Pilates Fusion</b> Elyse (8/13 start)	10:30 - 11:30 <b>Slow&amp;Gentle Yoga</b> Jill L	<b>NEW</b> 10:00-11:00 <b>Core Fusion</b> Elyse (8/15 start)	10:30 - 11:30 <b>Slow&amp;Gentle Yoga*</b> Jill L (Virtual)		9:30 - 10:30 <b>Open Yoga *</b> Grace Ann/Jill (Virtual)
10:30 - 11:30 <b>Vinyasa Flow Yoga</b> Steve					10:30 - 11:30 <b>Pilates Apparatus</b> Karyn \$ Extra Fee \$	<b>NEW</b> 11:00-12:00 <b>Vinyasa Flow Yoga</b> Amanda
	<b>NEW</b> 12:00 - 1:00 <b>FUNctional Yoga</b> Talita	12:15 -1:15 <b>Yoga</b> Maria T	12:00 - 1:00 <b>Pilates</b> Karen	12:15 -1:15 <b>Yoga</b> Talita	12:30 - 1:30 <b>Pilates</b> Frances	
			<b>NEW</b> 1:00-2:00 <b>Tai Chi</b> Steve			
		4:30 - 5:30 <b>Restorative Yoga*</b> Rita T (Virtual)	<b>NEW</b> 4:30-5:30 <b>Corrective Exercise</b> Cheryl	4:30 - 5:30 <b>Restorative Yoga*</b> Rita T (Virtual)		Please visit our Virtual Platform for on-demand  Workouts and instructional videos.
	<b>NEW</b> 6:00 - 7:00 <b>Meditative Yoga</b> Monica	6:00-7:00 <b>Pilates *</b> Susan J (Virtual)	<b>NEW</b> 6:00 - 7:00 <b>Vinyasa Flow Yoga</b> Amanda (9/15 start)	6:00-7:00 <b>Pilates *</b> Marysa (Virtual)		

VIRTUAL\*- YOGA - PILATES/BARRE \*Classes w/ extra fee require registration\*

**FALL SCHEDULE EFFECTIVE – SEPTEMBER 7<sup>th</sup>, 2021**

Please refer to the Darien Y App or website for instructor rotation and sub updates Rev.09/01/2021