

January 2019 Ossining Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
31 12:15pm Intermediate Yoga - Itsa 5:15pm Beginner Yoga - Fran 6:15pm Belly Dancing - canceled 7:15pm Dance Fitness! - canceled	1 Closed	2 1:15pm Beginner Yoga - Itsa 2:15pm Intermediate Yoga - Itsa 5:15pm Intermediate Yoga - Fran 6:15pm Circuit - Lori 7:15pm Kickboxing - Lori	3 12:15pm Pilates - Leanna 4:15pm Circuit - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	4
7 12:15pm Intermediate Yoga - Itsa 5:15pm Beginner Yoga - Fran 6:00pm NDPP Group E - Sonia 6:15pm Belly Dancing - Solarah 7:15pm Dance Fitness! - Yuli	8 12:15pm Yoga with Meditation - Itsa 1:15pm Advanced Pilates - Itsa 5:15pm Pilates - Leanna 6:15pm Circuit - Lori 7:15pm Kickboxing - Lori	9 1:15pm Beginner Yoga - Itsa 2:15pm Intermediate Yoga - Itsa 5:15pm Intermediate Yoga - Fran 6:15pm Belly Dancing - Solarah	10 12:15pm Pilates - Leanna 4:15pm Circuit - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	11 3:30pm Green Thumb - Sonia, Leanna
14 12:15pm Intermediate Yoga - Itsa 5:15pm Beginner Yoga - Fran 6:00pm NDPP Group E - Sonia 6:15pm Belly Dancing - Solarah 7:15pm Dance Fitness! - Yuli	15 12:15pm Yoga with Meditation - Itsa 1:15pm Advanced Pilates - Itsa 5:15pm Pilates - Leanna 6:15pm Circuit - Lori 7:15pm Kickboxing - Lori	16 1:15pm Beginner Yoga - Itsa 2:15pm Intermediate Yoga - Itsa 5:15pm Intermediate Yoga - Fran 6:15pm Belly Dancing - Solarah	17 12:15pm Pilates - Leanna 4:15pm Circuit - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	18
21 12:15pm Intermediate Yoga - Itsa 5:15pm Beginner Yoga - Fran 6:00pm NDPP Group E - Sonia 6:15pm Dance Fitness Lite - Yuli 7:15pm Dance Fitness! - Yuli	22 12:15pm Yoga with Meditation - Itsa 1:15pm Advanced Pilates - Itsa 5:15pm Pilates - Leanna 6:15pm Circuit - Lori 7:15pm Kickboxing - Lori	23 1:15pm Beginner Yoga - Itsa 2:15pm Intermediate Yoga - Itsa 5:15pm Intermediate Yoga - Fran 6:15pm Belly Dancing - Solarah	24 12:15pm Pilates - Leanna 4:15pm Circuit - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	25 3:30pm Green Thumb - Sonia, Leanna
28 12:15pm Intermediate Yoga - Itsa 5:15pm Beginner Yoga - canceled 6:00pm NDPP Group E - Sonia 6:15pm Belly Dancing - Solarah 7:15pm Dance Fitness! - Yuli	29 12:15pm Yoga with Meditation - Itsa 1:15pm Advanced Pilates - Itsa 5:15pm Pilates - Leanna 6:00pm NDPP Group D - Lori 6:15pm Circuit - Leanna 7:15pm Kickboxing - Lori	30 1:15pm Beginner Yoga - Itsa 2:15pm Intermediate Yoga - Itsa 5:15pm Intermediate Yoga - canceled 6:15pm Belly Dancing - Solarah	31 12:15pm Pilates - Leanna 4:15pm Circuit - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	1

Beginner Classes - Lower impact/intensity exercise

Intermediate/Advanced Classes - Higher impact/intensity exercise

Wellness Workshops - Programs that require pre-registration. Call the wellness center for details

Nutrition Classes - Topics or demonstrations presented by the dietitian

Enero 2019 Ossining Calendario de Bienestar

Lunes	Martes	Miércoles	Jueves	Viernes
31 12:15pm Intermédiaire Yoga - Itsa 5:15pm Yoga para Principiantes - Fran 6:15pm Danza de Vientre - cancelado 7:15pm Dance Fitness! - cancelado	1 Cerrado	2 1:15pm Yoga para Principiantes - Itsa 2:15pm Intermédiaire Yoga - Itsa 5:15pm Intermédiaire Yoga - Fran 6:15pm Circuito - Lori 7:15pm Kickboxing - Lori	3 12:15pm Pilates - Leanna 4:15pm Circuito - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	4
7 12:15pm Intermédiaire Yoga - Itsa 5:15pm Yoga para Principiantes - Fran 6:00pm NDPP Grupo E - Sonia 6:15pm Danza de Vientre - Solarah 7:15pm Dance Fitness! - Yuli	8 12:15pm Yoga con Meditación - Itsa 1:15pm Pilates Avanzado - Itsa 5:15pm Pilates - Leanna 6:15pm Circuito - Lori 7:15pm Kickboxing - Lori	9 1:15pm Yoga para Principiantes - Itsa 2:15pm Intermédiaire Yoga - Itsa 5:15pm Intermédiaire Yoga - Fran 6:15pm Danza de Vientre - Solarah	10 12:15pm Pilates - Leanna 4:15pm Circuito - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	11 3:30pm Green Thumb - Sonia, Leanna
14 12:15pm Intermédiaire Yoga - Itsa 5:15pm Yoga para Principiantes - Fran 6:00pm NDPP Grupo E - Sonia 6:15pm Danza de Vientre - Solarah 7:15pm Dance Fitness! - Yuli	15 12:15pm Yoga con Meditación - Itsa 1:15pm Pilates Avanzado - Itsa 5:15pm Pilates - Leanna 6:15pm Circuito - Lori 7:15pm Kickboxing - Lori	16 1:15pm Yoga para Principiantes - Itsa 2:15pm Intermédiaire Yoga - Itsa 5:15pm Intermédiaire Yoga - Fran 6:15pm Danza de Vientre - Solarah	17 12:15pm Pilates - Leanna 4:15pm Circuito - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	18
21 12:15pm Intermédiaire Yoga - Itsa 5:15pm Yoga para Principiantes - Fran 6:00pm NDPP Grupo E - Sonia 6:15pm Dance Fitness Lite - Yuli 7:15pm Dance Fitness! - Yuli	22 12:15pm Yoga con Meditación - Itsa 1:15pm Pilates Avanzado - Itsa 5:15pm Pilates - Leanna 6:15pm Circuito - Lori 7:15pm Kickboxing - Lori	23 1:15pm Yoga para Principiantes - Itsa 2:15pm Intermédiaire Yoga - Itsa 5:15pm Intermédiaire Yoga - Fran 6:15pm Danza de Vientre - Solarah	24 12:15pm Pilates - Leanna 4:15pm Circuito - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	25 3:30pm Green Thumb - Sonia, Leanna
28 12:15pm Intermédiaire Yoga - Itsa 5:15pm Yoga para Principiantes - Fran cancelado 6:00pm NDPP Grupo E - Sonia 6:15pm Danza de Vientre - Solarah 7:15pm Dance Fitness! - Yuli	29 12:15pm Yoga con Meditación - Itsa 1:15pm Pilates Avanzado - Itsa 5:15pm Pilates - Leanna 6:00pm NDPP Grupo D - Lori 6:15pm Circuito - Leanna 7:15pm Kickboxing - Lori	30 1:15pm Yoga para Principiantes - Itsa 2:15pm Intermédiaire Yoga - Itsa 5:15pm Intermédiaire Yoga - Fran cancelado 6:15pm Danza de Vientre - Solarah	31 12:15pm Pilates - Leanna 4:15pm Circuito - Leanna 5:15pm Dance Fitness! - Yuli 6:15pm Kickboxing - Yuli	1

Clases para Principiantes - Menos impacto/menos intensidad de ejercicio

Clases Intermedias - Más impacto/ejercicio intenso

Talleres de Bienestar - Programas que requieren registración. llame al centro de bienestar para más información

Clases de Nutrición - Temas o demostraciones presentadas por la dietética