

PUT MORE SERENITY IN...

GET MORE AWESOME OUT!



AUGUST FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:05am Vinyasa Yoga 11:15am Chair Yoga 7:15pm Vinyasa Yoga	2 9:15am Vinyasa Yoga 10:30am Tai Chi Chuan 6pm Hatha Yoga	3 9am Iyengar Yoga Level 2 & 3	4 8:15am Hatha Yoga
5 8am Vinyasa Yoga 9:15am Vinyasa Yoga	6 9am Iyengar Yoga Level 1 & 2 6:30pm Tai Chi Chuan	7 9am Iyengar Yoga 10:15am Vinyasa Yoga 6pm Vinyasa Yoga	8 9:05am Vinyasa Yoga 11:15am Chair Yoga 7:15pm Vinyasa Yoga	9 9:15am Vinyasa Yoga 10:30am Tai Chi Chuan 6pm Hatha Yoga	10 9am Iyengar Yoga Level 2 & 3	11 8:15am Hatha Yoga
12 8am Vinyasa Yoga 9:15am Vinyasa Yoga	13 9am Iyengar Yoga Level 1 & 2 6:30pm Tai Chi Chuan	14 9am Iyengar Yoga 10:15am Vinyasa Yoga 6pm Vinyasa Yoga	15 9:05am Vinyasa Yoga 11:15am Chair Yoga 7:15pm Vinyasa Yoga	16 9:15am Vinyasa Yoga 10:30am Tai Chi Chuan 6pm Hatha Yoga	17 9am Iyengar Yoga Level 2 & 3	18 8:15am Hatha Yoga
19 8am Vinyasa Yoga 9:15am Vinyasa Yoga	20 9am Iyengar Yoga Level 1 & 2 6:30pm Tai Chi Chuan	21 9am Iyengar Yoga 10:15am Vinyasa Yoga 6pm Vinyasa Yoga	22 9:05am Vinyasa Yoga 11:15am Chair Yoga 7:15pm Vinyasa Yoga	23 9:15am Vinyasa Yoga 10:30am Tai Chi Chuan 6pm Hatha Yoga	24 9am Iyengar Yoga Level 2 & 3	25 8:15am Hatha Yoga
26 8am Vinyasa Yoga 9:15am Vinyasa Yoga	27 9am Iyengar Yoga Level 1 & 2 6:30pm Tai Chi Chuan	28 9am Iyengar Yoga 10:15am Vinyasa Yoga 6pm Vinyasa Yoga	29 9:05am Vinyasa Yoga 11:15am Chair Yoga 7:15pm Vinyasa Yoga	30 9:15am Vinyasa Yoga 10:30am Tai Chi Chuan 6pm Hatha Yoga	31 9am Iyengar Yoga Level 2 & 3	



In our busy world, it is not easy to take the time we need to focus on our total well-being. Spending a short time each day for mind-body exercises, such as yoga, tai chi, or meditation, will have a profound impact on your life.

Reduction in:

- Blood pressure
- Heart rate
- Stress hormone cortisol
- Depression

Increase in:

- Dopamine levels
- Mood
- Feelings of well being

Join us for a mind body class or take a few minutes out of your day to meditate and find your peace. We look forward to being on your journey to a calmer you!



HUNTINGTON YMCA

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