

PUT MORE SERENITY IN...

GET MORE AWESOME OUT!



AUGUST FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30am Vinyasa Yoga 6pm Hatha Yoga	2 6am Hatha Yoga 8am Hatha Yoga 6pm Vinyasa Yoga	3 11am Chair Yoga 11am Tai Chi Chuan	4 7:45am Hatha Yoga
5 8:30am Hatha Yoga	6 8:30am Vinyasa Yoga 12:15pm Tai Chi Chuan 7pm Tai Chi Chuan	7 6am Hatha Yoga 1:30pm Gentle Yoga 6:45pm Vinyasa Yoga	8 8:30am Vinyasa Yoga 6pm Hatha Yoga	9 6am Hatha Yoga 8am Hatha Yoga 6pm Vinyasa Yoga	10 11am Chair Yoga 11am Tai Chi Chuan	11 7:45am Hatha Yoga
12 8:30am Hatha Yoga	13 8:30am Vinyasa Yoga 12:15pm Tai Chi Chuan 7pm Tai Chi Chuan	14 6am Hatha Yoga 1:30pm Gentle Yoga 6:45pm Vinyasa Yoga	15 8:30am Vinyasa Yoga 6pm Hatha Yoga	16 6am Hatha Yoga 8am Hatha Yoga 6pm Vinyasa Yoga	17 11am Chair Yoga 11am Tai Chi Chuan	18 7:45am Hatha Yoga
19 8:30am Hatha Yoga	20 8:30am Vinyasa Yoga 12:15pm Tai Chi Chuan 7pm Tai Chi Chuan	21 6am Hatha Yoga 1:30pm Gentle Yoga 6:45pm Vinyasa Yoga	22 8:30am Vinyasa Yoga 6pm Hatha Yoga	23 6am Hatha Yoga 8am Hatha Yoga 6pm Vinyasa Yoga	24 11am Chair Yoga 11am Tai Chi Chuan	25 7:45am Hatha Yoga
26 8:30am Hatha Yoga	27 8:30am Vinyasa Yoga 12:15pm Tai Chi Chuan 7pm Tai Chi Chuan	28 6am Hatha Yoga 1:30pm Gentle Yoga 6:45pm Vinyasa Yoga	29 8:30am Vinyasa Yoga 6pm Hatha Yoga	30 6am Hatha Yoga 8am Hatha Yoga 6pm Vinyasa Yoga	31 11am Chair Yoga 11am Tai Chi Chuan	



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!



PATCHOGUE FAMILY YMCA

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