

# Wainwright House Yoga & Movement Classes

## FALL 2016

Registration available now! Call 914-967-6080 or [www.wainwright.org](http://www.wainwright.org)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>6:15am-7:15am</b> <b>Ashtanga Vinyasa Yoga</b> (Lexy Tomaino) Series 1 (6-wks): Sep 20 – Oct 25 Series 2 (7-wks): Nov 1 – Dec 13		<b>6:15am-7:15am</b> <b>Ashtanga Vinyasa Yoga</b> (Ingrid Hauptmann) Series 1 (6-wks): Sep 22 – Oct 27 Series 2 (6-wks): Nov 3 – Dec 15			
<b>9:30am – 10:30am</b> <b>Funky Flow Yoga</b> (Sinda Anzovino) Series 1 (6-wks): Sep 19 – Oct 31 Series 2 (6-wks): Nov 7 – Dec 19	<b>8:00am-9:00am</b> <b>Strength &amp; Tone Yoga</b> (Helene Wurtzel) Series 1 (6-wks): Sep 20 – Nov 1 Series 2 (6-wks): Nov 8 – Dec 13		<b>8:00am-9:00am</b> <b>Strength &amp; Tone Yoga</b> (Helene Wurtzel) Series 1 (6-wks): Sep 22 – Oct 27 Series 2 (6-wks): Nov 3 – Dec 15			
<b>11:00am-12:00pm</b> <b>Tai Chi for Health</b> (Stu Reis) Series 1 (6-wks): Sep 19 – Oct 31 Series 2 (7-wks): Nov 7 – Dec 19	<b>9:30-10:30am</b> <b>Awaken Gentle Flow Yoga</b> (Kelly McGovern) Series 1 (6-wks): Sep 20 – Oct 25 Series 2 (7-wks): Nov 1 – Dec 13	<b>9:15-10:15am</b> <b>Yoga Fusion</b> (Melissa Miller) Series 1 (6-wks): Sep 21 – Oct 26	<b>9:30-10:30am</b> <b>Gentle Vinyasa Yoga</b> (Kelly McGovern) Series 1 (6-wks): Sep 22 – Oct 27 Series 2 (6-wks): Nov 3 – Dec 15	<b>9:15-10:15am</b> <b>Hatha Yoga</b> (Mary Gasparrini) Series 1 (6-wks): Sep 23 – Oct 28 Series 2 (5-wks): Nov 4 – Dec 16	<b>10:30am-11:30am</b> <b>Basic Yoga</b> (Kelly McGovern) Series 1 (6-wks): Sep 24 – Oct 29 Series 2 (6-wks): Nov 5 – Dec 10	<b>NO CLASSES</b>
<b>12:30-1:30pm</b> <b>Gentle Flow &amp; Meditate</b> (Sonya Sanmateu) Series 1 (6-wks): Sep 19 – Oct 31 Series 2 (7-wks): Nov 7 – Dec 19		<b>11:00am-12:00pm</b> <b>Tai Chi for Health</b> (Stu Reis) Series 1 (6-wks): Sep 21 – Oct 26 Series 2 (6-wks): Nov 2 – Dec 14				
<b>5:30-6:30pm</b> <b>Yoga for Athletes</b> (Jessica Fumasoli) Series 1: Cancelled Series 2 (7-wks): Nov 7 – Dec 12	<b>6:30-7:30pm</b> <b>Yin Yoga</b> (Mary Gasparrini) Series 1 (6-wks): Sep 20 – Oct 25 Series 2 (7-wks): Nov 1 – Dec 13	<b>5:30-6:30pm</b> <b>Yoga Mix</b> (Jessica Fumasoli) Series 1 (6-wks): Sep 21 – Oct 26 Series 2 (7-wks): Nov 2 – Dec 14		<b>11:00am-12:00pm</b> <b>Gentle Restorative Yoga</b> (Sonya Sanmateu) Series 1 (6-wks): Sep 16 – Oct 21 Series 2 (6-wks): Oct 28 – Dec 16		
<b>6:30pm-7:30pm</b> <b>Qigong: Mindful Movement &amp; Breathing</b> (Dana McAvity) Series 1 (6-wks): Sep 12 – Oct 31			<b>7:30-8:30pm</b> <b>*Belly Dancing*</b> (Aszmara) Part 1 (4-wks): Sep 29 – Oct 20 Part 2 (4-wks): Oct 27 – Nov 17		<b>4:00-5:00pm</b> <b>Pre-Natal Yoga</b> (Sinda Anzovino) Series 1 (6-wks): Cancelled Series 2 (6-wks): Nov 5 – Dec 17	

\*NOT included in the \$300 Donor Level benefit

Wainwright House is closed on the following dates and there will be no classes on: Columbus Day (Oct 10); Veteran's Day (Nov 11); Thanksgiving (Nov 24 & 25); Christmas Holiday (Dec 23-Jan 2)

Wainwright House ▪ 260 Stuyvesant Avenue ▪ Rye, NY 10580 ▪ (914) 967-6080 ▪ [www.wainwright.org](http://www.wainwright.org)