



# MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Movement For Your Mind: International Fusion 4:00-5:00PM Group Ex Rm Pittston YMCA	2
3	4 Mindful Meditation 10:00AM West Pittston Library Caregiver & Child Yoga 4:45PM St. John's Lower Church Hall Mind, Body, Breath 6:15PM Mericle Center	5 Movement For Your Mind: Line Dance Fitness 4:30PM Group Ex Rm Pittston YMCA	6 Kundalini Yoga 6:45PM Group Ex Room Pittston YMCA	7 Art of Connection I!AM-IPM Pittston YMCA Kreative Kids 6:00PM Pittston Library Balanced Energy 6:00PM LCCC Pittston	8 Movement For Your Mind: International Fusion 4:00-5:00PM Group Ex Rm Pittston YMCA	9
10 Groove & Grow 1:00PM Mindfulness Through Music 2:00PM Mericle Center	11 Mindful Meditation 10:00AM West Pittston Library Mind, Body, Breath 6:15PM Mericle Center	12 Movement For Your Mind: Line Dance Fitness 4:30PM Group Ex Rm Pittston YMCA Sound Healing 5:00PM LCCC Pittston	13 Kundalini Yoga 6:45PM Group Ex Room Pittston YMCA	14 Art of Connection I!AM-IPM Pittston YMCA Kreative Kids 6:00PM Pittston Library Balanced Energy 6:00PM LCCC Pittston	15 Movement For Your Mind: International Fusion 4:00-5:00PM Group Ex Rm Pittston YMCA	16
17 Happy St. Patrick's Day! 	18 Mindful Meditation 10:00AM West Pittston Library Caregiver & Child Yoga 4:45PM St. John's Lower Church Hall Mind, Body, Breath 6:15PM Mericle Center	19 Movement For Your Mind: Line Dance Fitness 4:30PM Group Ex Rm Pittston YMCA Sound Healing 5:00PM LCCC Pittston	20 Kundalini Yoga 6:45PM Group Ex Room Pittston YMCA	21 Art of Connection I!AM-IPM Pittston YMCA Kreative Kids 6:00PM Pittston Library Balanced Energy 6:00PM LCCC Pittston	22 Movement For Your Mind: International Fusion 4:00-5:00PM Group Ex Rm Pittston YMCA	23
24 Mindfulness Vs. Meditation Workshop 11:30AM Mericle Center	25 Mindful Meditation 10:00AM West Pittston Library Mind, Body, Breath 6:15PM Mericle Center	26 Sound Healing 5:00PM LCCC Pittston	27 Kundalini Yoga 6:45PM Group Ex Room Pittston YMCA	28 Art of Connection I!AM-IPM Pittston YMCA Balanced Energy 6:00PM LCCC Pittston	29 Movement For Your Mind: International Fusion 4:00-5:00PM Group Ex Rm Pittston YMCA	30
31 Happy Easter! YMCA Closed 						

Greater Pittston YMCA

All Classes are FREE to the Community!

\*Schedule Subject To Change