



APRIL 2024



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

Greater Pittston YMCA

All Classes are FREE to the Community! Register at wymca.org

*Schedule Subject To Change