

PUBLIC CLASSES - Available to all users on BurnAlong.

Find these classes in the "Live" section at the top of the BurnAlong homepage, beneath "Recommended Programs."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AMPD Burn 6:00-6:45 AM Steph B (Bucks)	Treadmill Training 5:00-5:45 AM Lisa D (Gr Valley)	Tabata 6:00-7:00 AM Susan K (Grove City)	Treadmill Training 5:00-5:45 AM Lisa D (Gr Valley)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	All Levels Yoga 7:45-8:45 AM Lisa D (Waterbury)
Transform 8:00-8:40 AM Lisa D (Northwest CT)	Bootcamp 6:15-6:45 AM Brittany D (Community)	Cycle 6:15-6:45 AM Brittany D (Community)	PIIT28® 5:30-6:15 AM Steph B (Bucks)	Pilates 7:00-7:45 AM Jennifer P (Gr Rapids)	Total Body Bootcamp 8:30-9:15 AM Alicia L (Waterbury)	Vinyasa Yoga 11:00-12:00 PM Elda S (Bucks)
Kickboxing Interval 8:45-9:15 AM Alexia B (Pikes Peak)	Indoor Cycling 8:45-9:30 AM Terri W (Pikes Peak)	Core/Stretch 8:30-9:00 AM Brittany D (Community)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Transform 8:00-8:40 AM Lisa D (Northwest CT)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	
Cardio & Strength Intervals 9:00-9:45 AM Michelle L (Harrisburg)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Total Body Conditioning 8:45-9:15 AM Alexia B (Pikes Peak)	Pilates Burn 8:00-8:30 AM Allison G (Roses)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)	Senior Strength 10:15-11:00 AM Amanda C (Community)	
Chair Yoga 9:00-9:45 AM Jessica B (Gr Valley)	*BeachBody®'s Yoga Fusion* 9:30-10:30 AM Nancy M (Community)	Total Body Conditioning 9:00-9:45 AM Erica R (Chambersburg)	Active Older Adults 8:00-8:45 AM Jane K (Roses)	Zumba® Kids 9:00-9:30 AM Elena M (Bucks)		Visit our website: ywellness247.org
Y Wellness My Way Cardio 9:30-10:00 AM Jen G (Bucks)	Pilates 9:30-10:30 AM Michelle L (Harrisburg)	Gentle Yoga 9:00-10:00 AM Jessica R (Roses)	Indoor Cycling 8:45-9:30 AM Terri W (Pikes Peak)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)		Cardio/Endurance
HIIT 9:30-10:15 AM Megan M (Bucks)	*Zumba Gold®* 10:15-11:00 AM Deirdre H (Pikes Peak)	Strengthen & Lengthen 9:00-10:00 AM Michelle L (Harrisburg)	Zumba® 9:00-9:45 AM Elena M (Bucks)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Dance
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Y Wellness My Way Cardio 9:30-10:00 AM Andrea B (Bucks)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Back 'n Balance 9:45-10:30 AM Joyce P (Laurel)		Strength/Bodywork
Slow Flow Yoga 10:00-10:45 AM Cori S (Roses)	Let's Get Going! 11:45-12:45 PM Kitch C (Middlesex)	Booty Boot Camp 9:30-10:15 AM Megan M (Bucks)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		Yoga/Mindfulness
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (Roses)	Tai Chi 10:00-11:00 AM Cindy S (Middlesex)	Y Wellness My Way Pilates 10:30-11:00 AM Trish H (Gr Rapids)		Beginner/Seniors/ Adapted
Y Wellness My Way Pilates 10:30-11:00 AM Tricia S (Bucks)	Barre Strength 12:00-12:45 PM Michelle L (Harrisburg)	Pilates 10:15-11:00 AM Andrea B (Bucks)	Gentle Yoga 10:30-11:15 AM Cori S (Roses)	Silver Sneakers® Circuit 11:00-11:45 AM Megan M (Bucks)		Kids/Family
SilverSneakers® Circuit 11:00-11:45 AM Megan M (Bucks)	Y Wellness My Way Yoga 12:45-1:15 PM Steph B (Bucks)	Y Wellness My Way Pilates 10:30-11:00 AM Trish H (Gr Rapids)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)	Zumba® 11:30-12:15 PM Angelica (Harrisburg)		*Classes* indicates class is live stream only and is not available for viewing in the video library.
HIIT 4:00-4:30 PM Erica R (Chambersburg)	Better Balance 12:45-1:30 PM Amanda C (Community)	Stretch & Balance 11:00-11:45 AM Megan M (Bucks)	*Zumba®* 10:30-11:15 AM Deirdre H (Pikes Peak)	Chair Yoga 12:00-1:00 PM Audrey A (Rappahannock)		
Core & More 4:30-5:15 PM Catrina A (Wallingford)	Yoga for a Healthy Back 1:00-1:55 PM Gabi E (Pikes Peak)	Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	Balls Bands & Bells 11:00-11:45 AM Lisa D (Northwest CT)	HIIT 12:15-12:45 PM Laura L (Pikes Peak)		
Total Body Bootcamp Express 4:45-5:15 PM Alicia L (Waterbury)	Vinyasa Flow Yoga 5:00-6:00 PM Brian M (Harrisburg)	Vinyasa Yoga 12:00-1:00 PM Curt W (Community)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)	Silver Sneakers® Circuit 2:00-3:00 PM Terri D (Pikes Peak)	Y Wellness My Way is dedicated to health seekers who are either 1) just starting out in their fitness journey or 2) have stopped exercising and are experiencing weight gain and/or limitations that prevent them from feeling confident in our standard group exercise classes. We will provide participants with a feeling of normalcy, confidence and accessibility. The ultimate goal is to support health seekers to overcome fears, build confidence and gain strength along the way with the option of LIVE and OnDemand classes taught on the Y Wellness 24/7 platform.	
Classes are continued on the next page						

Please note: Live classes are subject to cancellation. When possible, class changes are posted to the [Y Wellness 24/7](https://www.facebook.com/ywellness247) Facebook page. Always refresh your browser to ensure you have the most current version of this PDF.

PUBLIC CLASSES - Available to all users on BurnAlong.

Find these classes in the "Live" section at the top of the BurnAlong homepage, beneath "Recommended Programs."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Cooking 5:00-5:30 PM Sara L (Bucks)	PIIT28® 5:30-6:15 PM Steph B (Bucks)	AOA Strength & Conditioning 12:30-1:25 PM Terri D (Pikes Peak)	*Zumba Gold®* 11:30-12:15 PM Amanda C (Community)	Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		Cardio/Endurance
RUMBLE 5:30-6:10 PM Erika H (Roses)	Kickboxing 6:30-7:15 PM Jamie B (Bucks)	Stretch & Movement 1:45-2:15 PM Terri D (Pikes Peak)	HIIT 12:00-12:30 PM Andrea B (Bucks)	Zumba® 6:00-7:00 PM Joi H (Reading Berks)		Strength/Bodywork
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)	Core 3:45-4:30 PM Deirdre H (Pikes Peak)	Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Dance
RUMBLE 6:30-7:10 PM Erika H (Roses)	Y Wellness My Way Kickboxing 7:30-8:00 PM Jamie B (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)	Cardio Conditioning & Core 4:30-5:00 PM Catrina A (Wallingford)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)		Yoga/Mindfulness
Barre Strength 6:30-7:15 PM Amanda C (Community)		Yolates 7:45-8:40 PM Allyson L (Pikes Peak)	Functional Strength 4:30-5:00 PM Brittany D (Community)			Beginner/Seniors/ Adapted
						Kids/Family

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PRIVATE CLASSES - Available to Y members only.

Find these classes in the "Classes from Y Wellness 24/7 - Live" section in the middle of the BurnAlong homepage, beneath "Popular Classes."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)	*Total Body Barbell* 9:15-10:00 AM Kristen L (Bucks)	*Total Body Barbell* 8:45-9:45 AM Jamie C (Roses)	*SilverSneakers® Circuit* 9:00-9:45 AM Marlene W (Indiana)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)		*Classes* indicates class is live stream only and is not available for viewing in the video library.
	Core & More 10:15-10:45 AM Kristen L (Bucks)	Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)				
						Visit our website: ywellness247.org

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