



Winter 2025



Y Wellness 24/7 videos and live classes are easily located at the top of the Burnalong homepage.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Express Laura (River Cr) 6-6:30 AM (EST) 3-3:30 AM (PST)	Full Body Fit Kim S (Des Moines) 6:15-7:00 AM (EST) 5:15-6:00 AM (CST)	Tabata Blast Michelle L (Harrisburg) 8:30-9:00 AM (EST) 5:30-6:00 AM (PST)	Full Body Fit Kim S (Des Moines) 6:15-7:00 AM (EST) 5:15-6:00 AM (CST)	Yoga Hatha en Espanol Daniela (Harrisburg) 6:30-7:30 AM (EST) 3:30-4:30 AM (PST)	Pilates Michelle L (Harrisburg) 9-9:45 AM (EST) 6-6:45 AM (PST)	Vinyasa Yoga Eida S (River Cr) 10-11 AM (EST) 7-10 AM (PST)
Cardio & Strength Intervals Michelle L (Harrisburg) 9-9:45 AM (EST) 6-6:45 (PST)	Seated Strength Megan M (River Cr) 9:30-10 AM (EST) 6:30-7 AM (PST)	Strengthen & Lengthen Michelle L (Harrisburg) 9-10 AM (EST) 6-7 AM (PST)	Zumba® Elena M (River Cr) 9-9:45 AM (EST) 6-6:45 AM (PST)	Silver&Fit® Excel Shelly V (Lebanon) 8-8:45 AM (EST) 5-5:45 AM (PST)	Gentle Yoga Stretch Michelle L (Harrisburg) 10-10:30 AM (EST) 7-7:30 AM (PST)	
HIIT Revolution Megan M (River Cr) 9:30-10:15 AM (EST) 6-6:45 AM (PST)	Fit Over 55 Jamie C (Roses) 10-10:45 AM (EST) 7-7:45 AM (PST)	Booty Boot Camp Megan M (River Cr) 9:30-10:15 AM (EST) 6:30-7:15 AM (PST)	Seated Strength Megan M (River Cr) 9:30-10 AM (EST) 6:30-7 AM (PST)	SilverSneakers® Yoga Lynda W (Franklin) 8:45-9:30 AM (EST) 5:45-6:30 AM (PST)	Hatha Yoga Sandy G (River Cr) 10-11 AM (EST) 7-8 AM (PST)	Visit our website: ywellness247.org
SilverSneakers® Cardio Alejandra T (N West CT) 10-10:45 AM (EST) 7-7:45 AM (PST)	Upper Body Blast Megan M (River Cr) 10:30-11:15 AM (EST) 7:30-8:15 AM (PST)	Seated Gentle Yoga Merilee P (Roses) 10-11 AM (EST) 7-8 AM (PST)	Upper Body Blast Megan M (River Cr) 10:30-11:15 AM (EST) 7:30-8:15 AM (PST)	Zumba® Elena M (River Cr) 9-9:30 AM (EST) 6-6:30 AM (PST)		Cardio/Endurance
Ab Blast Jen G (River Cr) 10:30-11 AM (EST) 7:30-8 AM (PST)	Gentle Yoga Leah S (Shasta) 11 AM-12 PM (EST) 8-9 AM (PST)	Silver&Fit® Excel Shelly V (Lebanon) 11-11:45 AM (EST) 8-8:45 AM (PST)	Gentle Yoga Leah S (Shasta) 11 AM-12 PM (EST) 8-9 AM (PST)	Total Body Conditioning Megan M (River Cr) 9:30-10:15 AM (EST) 6:30-7:15 AM (PST)		Zumba®/Dance
Silver&Fit® Excel Shelly V (Lebanon) 11-11:45 AM (EST) 8-8:45 AM (PST)	Posture & Core Trish H (River Cr) 11:15-11:45 AM (EST) 8:15-8:45 AM (PST)	Stretch & Balance Megan M (River Cr) 11-11:45 AM (EST) 8-8:45 AM (PST)	Senior Stretch Leah S (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	Gentle Yoga Elda S (River Cr) 9:30-10:30 AM (EST) 6:30-7:30 AM (PST)		Strength/Bodywork
SilverSneakers® Circuit Megan M (River Cr) 11-11:45 AM (EST) 8-8:45 AM (PST)	Cardio Mix Trish H (River Cr) 12-12:30 PM (EST) 9-9:30 AM (PST)	Senior Stretch Leah S (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	Gentle Yoga Sandy G (River Cr) 2-3 PM (EST) 11 AM-12 PM (PST)	Back n Balance Joyce P (Laurel) 9:45-10:30 AM (EST) 6:45-7:30 AM (PST)		Yoga/Mindfulness
Instructor's Choice en Espanol Angelica R (Harrisburg) 12-12:20 PM (EST) 9-9:20 AM (PST)	Senior Stretch Leah S (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	Total Body Bootcamp Alicia L (Waterbury) 5:30-6:15 PM (EST) 3:30-4:15 PM (PST)	Intro to Dance *Learn the Basics* Angelica (Harrisburg) 3-3:15 PM (EST) 12-12:15 PM (PST)	Ab Blast Jen G (River Cr) 10:30-11 AM (EST) 7:30-8 AM (PST)		Active Older Adults
Chair Strength Abby C (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	Meditation Sandy G (River Cr) 2:00-2:30 PM (EST) 11-11:30 AM (PST)	TLC Yoga Terry C (Indiana) 6:30-7:30 PM (EST) 3:30-4:30 PM (PST)	Intro to Dance en Espanol *Learn the Basics* Angelica (Harrisburg) 3:30- 3:45 PM (EST) 12:30-12:45 PM (PST)	SilverSneakers® Circuit Megan M (River Cr) 11-11:45 AM (EST) 8-8:45 AM (PST)		Beginner/Adapted/ Y Wellness My Way
Instructor's Choice en Espanol Angelica R (Harrisburg) 12:30-12:50 PM (EST) 9:30-9:50 AM (PST)	Bootcamp Jen G (River Cr) 5-5:30 PM (EST) 2-2:30 PM (PST)			Instructor's Choice en Espanol Angelica R (Harrisburg) 11:30 AM-12:15 PM (EST) 8:30-9:15 AM (PST) *See live schedule for weekly class format*		Kids/Family
QiGong/Tai Chi Sandy G (River Cr) 2-2:45 PM (EST) 11-11:45 AM (PST)	Seated Yoga Beth Z (Des Moines) 6:30-7:00 PM (EST) 5:30-6:00 (CST)			Chair Strength Abby C (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)		
Strictly Strength Alicia L (Waterbury) 4:15-4:45 PM (EST) 1:15-1:45 PM (PST)	Hatha Yoga Sandy G (River Cr) 7-8 PM (EST) 4-5 PM (PST)			TLC Yoga Terry C (Indiana) 6:30-7:30 PM (EST) 3:30-4:30 PM (PST)		

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

Updated 11/24/25