



Summer 2024



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

(All times listed are Eastern Time Zone)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre 5:30-6:15 AM Steph B (Bucks)	Full Body Fit 6:15-7:00 AM Kim S (Des Moines)	Strength & Cardio Interval Training 6:05-7:05 AM Susan K (Grove City)	Kettlebell AMPD 6:00-6:30 AM Steph B (Bucks)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Pilates 9:00-9:45 AM Michelle L (Harrisburg)	Vinyasa Yoga 10:00-11:00 AM Elda S (Bucks)
Gentle Yoga 6:15-6:45 AM Brittany D (Community)	20-20-20 8:45-9:45 AM Andrea B (Bucks)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Cycling 7:00-7:45 AM Marie G (Harrisburg)	Gentle Yoga Stretch 10:00-10:30 AM Michelle L (Harrisburg)	
Transform 8:10-8:50 AM Lisa D (Northwest CT)	Seated Strength, YWY 9:30-10:00 AM Megan M (Bucks)	Cycling 7:00-7:45 AM Marie G (Harrisburg)	Full Body Fit 6:15-7:00 AM Kim S (Des Moines)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	Visit our website: ywellness247.org
NEW START TIME Strictly Strength 8:30-9:00 AM Alicia L (Waterbury)	Cycling 9:45-10:30 AM Kristen D (Bucks)	Core Revolution 7:05-7:30 AM Kim S (Des Moines)	Functional Strength 8:30-9:00 AM Brittany D (Community)	Transform 8:10-8:50 AM Lisa D (Northwest CT)		Cardio/Endurance
Cardio & Strength Intervals 9:00-9:45 AM Michelle L (Harrisburg)	Pilates 10:00-10:30 AM Vicki C (Bucks)	Mindful Moments 7:30-7:45 AM Jessica B (Gr Valley) starting 7/10	Zumba® 9:00-9:45 AM Elena M (Bucks)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)		Zumba®/Dance
HIIT 9:30-10:15 AM Megan M (Bucks)	Bootcamp 10:00-10:30 AM Jen G (Bucks)	Beginning Ballet 8:00-8:30 AM Jessica B (Gr Valley) starting 7/10	Seated Strength, YWY 9:30-10:00 AM Megan M (Bucks)	Zumba® 9:00-9:30 AM Elena M (Bucks)		Strength/Bodywork
SilverSneakers® Cardio 10:00-10:45 AM Alejandra T (Northwest CT)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)	Tabata Blast 8:30-8:55 AM Michelle L (Harrisburg)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)		Yoga/Mindfulness
Slow Flow Yoga 10:00-10:55 AM Cori S (Roses)	Cardio Kickboxing 11:15-12:00 PM Trish H (Bucks)	Core/Stretch 8:30-9:00 AM Brittany D (Community)	Pilates 10:00-10:30 AM Vicki C (Bucks)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Active Older Adults
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Total Body Bootcamp 8:30-9:15 AM Alicia L (Waterbury)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)	Back n Balance 9:45-10:30 AM Joyce P (Laurel)		Beginner/Adapted/ Y Wellness My Way
Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)	Total Strength 1:00-1:30 PM Dana T (Des Moines)	Strengthen & Lengthen 9:00-10:00 AM Michelle L (Harrisburg)	Balls Bands & Bells 11:00-11:45 AM Lisa D (Northwest CT)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		Kids/Family
SilverSneakers® Circuit 11:00-11:45 AM Megan M (Bucks)	Meditation 2:00-2:30 PM Sandy G (Bucks)	Booty Boot Camp 9:30-10:15 AM Megan M (Bucks)	Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)	Core & Posture 11:00-11:30 AM Trish H (Bucks)		New, Temporary & Specialty Classes
Balance & Flexibility for Better Movement 11:15-11:45 AM Michelle L (Harrisburg)	Tai Chi and QiGong with Arlette 6:00-6:45 PM Arlette T (Bucks)	Hatha Yoga 10:00-11:00 AM Elda S (Bucks)	Cardio Conditioning & Core 4:30-5:00 PM Catrina A (Wallingford)	SilverSneakers® Circuit 11:00-11:45 AM Megan M (Bucks)		Y Wellness My Way classes are for those who are just starting out or looking to develop a regular exercise program with the help of Y professionals. We're here to help you!
SPANISH LANGUAGE Instructor's Choice 12:00-12:20 PM Angelica R (Harrisburg)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (Roses)	Zumba® 6:15-7:00 PM Sarah S (Northwest CT)	SPANISH LANGUAGE Instructor's Choice 11:30-12:15 PM Angelica R (Harrisburg)		
SPANISH LANGUAGE Instructor's Choice 12:30-12:50 PM Angelica R (Harrisburg)		Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)		Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		
QiGong/Tai Chi 2:00-2:45 PM Sandy G (Bucks)		Stretch & Balance 11:00-11:45 AM Megan M (Bucks)		Family Yoga 6:00-6:30 PM Sandy G (Bucks)		
Hatha Yoga 4:00-4:45 PM Joe S (Northwest CT)		Vinyasa Yoga 12:00-1:00 PM Curt W (Community)		TLC Yoga 6:30-7:30 PM Terry C (Indiana)		
Core & More 4:30-5:15 PM Catrina A (Wallingford)		TLC Yoga 6:30-7:30 PM Terry C (Indiana)				

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 6/27/24