

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

## AM CLASSES (All times listed are Eastern Time Zone)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AMPD Burn</b> 5:30-6:15 AM Steph B (Bucks)	<b>Full Body Fit</b> 6:15-7:00 AM Kim S (Des Moines)	<b>Strength &amp; Cardio Interval Training</b> 6:05-7:05 AM Susan K (Grove City)	<b>Kettlebell AMPD</b> 6:00-6:30 AM Steph B (Bucks)	<b>Rise &amp; Shine Stretch</b> 6:15-6:45 AM Brittany D (Community)	<b>Total Body Bootcamp</b> 8:00-8:45 AM Alicia L (Waterbury)	<b>Vinyasa Yoga</b> 10:00-11:00 AM Elda S (Bucks)
<b>Gentle Yoga</b> 6:15-6:45 AM Brittany D (Community)	<b>20-20-20</b> 8:45-9:45 AM Andrea B (Bucks)	<b>Rise &amp; Shine Stretch</b> 6:15-6:45 AM Brittany D (Community)	<b>Rise &amp; Shine Stretch</b> 6:15-6:45 AM Brittany D (Community)	<b>Mindful Moments</b> 7:00-7:15 AM Jessica B (Gr Valley)	<b>Pilates</b> 9:00-9:45 AM Michelle L (Harrisburg)	
<b>Mindful Moments</b> 7:00-7:15 AM Jessica B (Gr Valley)	<b>Seated Strength, YWY</b> 9:30-10:00 AM Megan M (Bucks)	<b>Mindful Moments</b> 7:00-7:15 AM Jessica B (Gr Valley)	<b>Full Body Fit</b> 6:15-7:00 AM Kim S (Des Moines)	<b>Cycling</b> 7:00-7:45 AM Marie G (Harrisburg)	<b>Gentle Yoga Stretch</b> 10:00-10:30 AM Michelle L (Harrisburg)	Visit our website: <a href="http://ywellness247.org">ywellness247.org</a>
<b>Core Revolution</b> 7:05-7:30 AM Kim S (Des Moines)	<b>Pilates</b> 9:30-10:30 AM Michelle L (Harrisburg)	<b>Cycling</b> 7:00-7:45 AM Marie G (Harrisburg)	<b>Functional Strength</b> 8:30-9:00 AM Brittany D (Community)	<b>Transform</b> 8:10-8:50 AM Lisa D (Northwest CT)	<b>Hatha Yoga</b> 10:00-11:00 AM Sandy G (Bucks)	Cardio/Endurance
<b>Transform</b> 8:10-8:50 AM Lisa D (Northwest CT)	<b>Cycling</b> 9:45-10:30 AM Kristen D (Bucks)	<b>Tabata Blast</b> 8:30-8:55 AM Michelle L (Harrisburg)	<b>Zumba®</b> 9:00-9:45 AM Elena M (Bucks)	<b>Silver&amp;Fit® Excel</b> 8:00-8:45 AM Shelly V (Lebanon)		Dance
<b>Cardio &amp; Strength Intervals</b> 9:00-9:45 AM Michelle L (Harrisburg)	<b>Pilates</b> 10:00-10:30 AM Vicki C (Bucks)	<b>Core/Stretch</b> 8:30-9:00 AM Brittany D (Community)	<b>Seated Strength, YWY</b> 9:30-10:00 AM Megan M (Bucks)	<b>SilverSneakers® Yoga</b> 8:45-9:30 AM Lynda W (Franklin)		Strength/Bodywork
<b>HIIT</b> 9:30-10:15 AM Megan M (Bucks)	<b>Tank Top Arms</b> 10:30-11:15 AM Megan M (Bucks)	<b>Strengthen &amp; Lengthen</b> 9:00-10:00 AM Michelle L (Harrisburg)	<b>Tai Chi/QiGong</b> 9:30-10:30 AM Curt W (Community)	<b>Zumba®</b> 9:00-9:30 AM Elena M (Bucks)		Yoga/Mindfulness
<b>SilverSneakers® Cardio</b> 10:00-10:45 AM Alejandra T (Northwest CT)		<b>Booty Boot Camp</b> 9:30-10:15 AM Megan M (Bucks)	<b>Pilates</b> 10:00-10:30 AM Vicki C (Bucks)	<b>Strength &amp; Sculpt</b> 9:30-10:15 AM Megan M (Bucks)		Active Older Adults
<b>Slow Flow Yoga</b> 10:00-10:55 AM Cori S (Roses)		<b>Hatha Yoga</b> 10:00-11:00 AM Elda S (Bucks)	<b>Upper Body Blast</b> 10:30-11:15 AM Megan M (Bucks)	<b>Gentle Yoga</b> 9:30-10:30 AM Elda S (Bucks)		Beginner/Adapted/ Y Wellness My Way
<b>Ab Blast!</b> 10:30-11:00 AM Jen G (Bucks)		<b>Seated Gentle Yoga</b> 10:00-11:00 AM Merilee P (Roses)	<b>Balls Bands &amp; Bells</b> 11:00-11:45 AM Lisa D (Northwest CT)	<b>Back n Balance</b> 9:45-10:30 AM Joyce P (Laurel)		Kids/Family
<b>Silver&amp;Fit® Excel</b> 11:00-11:45 AM Shelly V (Lebanon)		<b>Glute Camp - Basics</b> 10:30-11:00 AM Trish H (Bucks)		<b>Ab Blast!</b> 10:30-11:00 AM Jen G (Bucks)		New, Temporary & Specialty Classes
<b>SilverSneakers® Circuit</b> 11:00-11:45 AM Megan M (Bucks)		<b>Silver&amp;Fit® Excel</b> 11:00-11:45 AM Shelly V (Lebanon)		<b>Pilates &amp; More</b> 11:00-11:30 AM Trish H (Bucks)		Y Wellness My Way classes are for those who are just starting out or looking to develop a regular aerobic and strength training program with the help of Y professionals to help them live their healthiest lives, fight chronic disease, and feel great!
<b>Balance &amp; Flexibility for Better Movement</b> 11:15-11:45 AM Michelle L (Harrisburg)		<b>Stretch &amp; Balance</b> 11:00-11:45 AM Megan M (Bucks)		<b>SilverSneakers® Circuit</b> 11:00-11:45 AM Megan M (Bucks)		
				<b>SPANISH LANGUAGE Chair Zumba®</b> 11:30-12:15 PM Angelica R (Harrisburg)		

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.