

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

PM CLASSES (All times listed are Eastern Time Zone)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPANISH LANGUAGE Instructor's Choice 12:00-12:20 PM Angelica R (Harrisburg)	Cycling 12:00-12:45 PM Marie G (Harrisburg)	Vinyasa Yoga 12:00-1:00 PM Curt W (Community)	Cycling 12:00-12:45 PM Marie G (Harrisburg)	Chair Yoga 12:00-1:00 PM Audrey A (Rappahannock)		Visit our website: ywellness247.org
SPANISH LANGUAGE Instructor's Choice 12:30-12:50 PM Angelica R (Harrisburg)	HIIT 12:00-12:30 PM Steph B (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)	Yoga, YWMY 12:15-12:45 PM Steph B (Bucks)	Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		Cardio/Endurance
QiGong/Tai Chi 2:00-2:45 PM Sandy G (Bucks)	Meditation 2:00-2:30 PM Sandy G (Bucks)		Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)	Family Yoga 6:00-6:30 PM Sandy G (Bucks)		Dance
Strictly Strength 4:15-4:45 PM Alicia L (Waterbury)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)		Cardio Conditioning & Core 4:30-5:00 PM Catrina A (Wallingford)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Strength/Bodywork
Core & More 4:30-5:15 PM Catrina A (Wallingford)						Yoga/Mindfulness
						Active Older Adults
						Beginner/Adapted/ Y Wellness My Way
						Kids/Family
						New, Temporary & Specialty Classes

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.