

Y Wellness 24/7 videos and live classes are easily located at the top of the Bernalong 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)	HIIT 12:00-12:30 PM Steph B (Bucks)	Vinyasa Yoga 12:00-1:00 PM Curt W (Community)	Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)	Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		Visit our website: ywellness247.org
SPANISH LANGUAGE Instructor's Choice 12:30-12:50 PM Angelica R (Harrisburg)	Total Strength 1:00-1:45 PM Dana T (Des Moines)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)	Cardio Conditioning & Core 4:30-5:00 PM Catrina A (Wallingford)	Family Yoga 6:00-6:30 PM Sandy G (Bucks)		Cardio/Endurance
QiGong/Tai Chi 2:00-2:45 PM Sandy G (Bucks)	Meditation 2:00-2:30 PM Sandy G (Bucks)		Zumba® 6:15-7:00 PM Sarah S (Northwest CT)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Dance
COMING SOON Mindful Hatha Yoga 4:00-4:45 PM Joe S (Northwest CT)	Tai Chi and QiGong 6:00-6:45 PM Arlette T (Bucks)					Strength/Bodywork
Strictly Strength 4:15-4:45 PM Alicia L (Waterbury)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)					Yoga/Mindfulness
Core & More 4:30-5:15 PM Catrina A (Wallingford)						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.