

PUBLIC CLASSES - Available to all users on BurnAlong. Located in the "Live" section at the top of the BurnAlong homepage, beneath "Recommended Programs."						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AMPD Burn 5:30-6:15 AM Steph B (Bucks)	Treadmill Training 5:00-5:45 AM Lisa D (Gr Valley)	Strength & Cardio Interval Training 6:00-7:00 AM Susan K (Grove City)	Treadmill Training 5:00-5:45 AM Lisa D (Gr Valley)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	All Levels Yoga 7:45-8:45 AM Lisa D (Waterbury)
Transform 8:00-8:40 AM Lisa D (Northwest CT)	Beginner Bootcamp 6:15-6:45 AM Brittany D (Community)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	PIIT28® 5:30-6:15 AM Steph B (Bucks)	Transform 8:00-8:40 AM Lisa D (Northwest CT)	Returning! Total Body Bootcamp 8:30-9:15 AM Alicia L (Waterbury)	Vinyasa Yoga 10:00-11:00 AM Elda S (Bucks)
Coming Soon! SilverSneakers® Circuit 8:00-8:45 AM Pam T (Beaver)	Indoor Cycling 8:45-9:30 AM Terri W (Pikes Peak)	Core/Stretch 8:30-9:00 AM Brittany D (Community)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	New! MIIT 8:45-9:30 AM Bea J.B. (Laurel)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	
Kickboxing Interval 8:45-9:15 AM Alexia B (Pikes Peak)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Total Body Conditioning 8:45-9:15 AM Alexia B (Pikes Peak)	Pilates Burn 8:00-8:30 AM Allison G (Roses)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)	Senior Strength 10:15-11:00 AM Amanda C (Community)	Visit our website: ywellness247.org
Cardio & Strength Intervals 9:00-9:45 AM Michelle L (Harrisburg)	Coming Soon! Barre 9:30-10:15 AM Terri T (Des Moines)	Coming Soon! Drummercize 9:00-9:30 AM Pam T (Beaver)	Indoor Cycling 8:45-9:30 AM Terri W (Pikes Peak)	Zumba® Kids 9:00-9:30 AM Elena M (Bucks)		Cardio/Endurance
Chair Yoga 9:00-9:45 AM Jessica B (Gr Valley)	Coming Soon! Total Cardio 9:30-10:15 AM Rebecca V (Des Moines)	AOA Cardio, Strength & Stretch 9:00-9:45 AM Jamie C (Roses)	Zumba® 9:00-9:45 AM Elena M (Bucks)	New! (Begins Sep 23) Cancer Wellness 10:30-11:15 AM Jen G (Bucks)		Dance
HIIT 9:30-10:15 AM Megan M (Bucks)	Pilates 9:30-10:30 AM Michelle L (Harrisburg)	Total Body Conditioning 9:00-9:45 AM Erica R (Chambersburg)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)		Strength/Bodywork
Returning! Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	*Zumba Gold®* 10:15-11:00 AM Deirdre H (Pikes Peak)	Gentle Yoga 9:00-10:00 AM Jessica R (Roses)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Yoga/Mindfulness
Slow Flow Yoga 10:00-10:45 AM Cori S (Roses)	New! (Begins Sep 20) Cancer Wellness 10:30-11:15 AM Jen G (Bucks)	Strengthen & Lengthen 9:00-10:00 AM Michelle L (Harrisburg)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		Beginner/Seniors/Adapted
Coming Soon! Pilates 10:25-11:20 AM Noelle R (Des Moines)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Coming Soon! Total Strength 9:15-10:00 AM Lori S (Des Moines)	New! Yin Yoga Series 10:30-11:15 AM Cori S (Roses)	Y Wellness My Way Pilates 10:30-11:00 AM Trish H (Bucks)		Kids/Family
Ab Blast! 10:30-11:00 AM Jen G (Bucks)		Y Wellness My Way Cardio 9:30-10:00 AM Andrea B (Bucks)	*Zumba®* 10:30-11:15 AM Deirdre H (Pikes Peak)	Silver Sneakers® Circuit 11:00-11:45 AM Megan M (Bucks)		Specialty
Returning! Y Wellness My Way Pilates 10:30-11:00 AM Tricia S (Bucks)		Booty Boot Camp 9:30-10:15 AM Megan M (Bucks)	Balls Bands & Bells 11:00-11:45 AM Lisa D (Northwest CT)	Mat Pilates 11:00-11:55 AM Alyssa L (Pikes Peak)		
Coming Soon! Step 10:30-11:15 AM Lori N (Des Moines)		Seated Gentle Yoga 10:00-11:00 AM Merilee P (Roses)	Returning! Barre Fusion 11:00-11:45 AM Tricia S (Bucks)	*Zumba®* 11:30-12:15 PM Angelica (Harrisburg)		*Classes* indicates class is live stream only and is not available for viewing in the video library.
SilverSneakers® Circuit 11:00-11:45 AM Megan M (Bucks)		Pilates 10:15-11:00 AM Andrea B (Bucks)		Coming Soon! Core 11:45-12:30 PM Terri T (Des Moines)		
Coming Soon! Yoga Essentials 11:30 AM-12:30 PM Sara W (Des Moines)		New! Stability Ball 101 10:30-11:00 AM Trish H (Bucks)				
		Stretch & Balance 11:00-11:45 AM Megan M (Bucks)				
All Afternoon & Evening Classes are continued on the next page		Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	All Afternoon & Evening Classes are continued on the next page			
Y Wellness My Way is dedicated to health seekers who are either 1) just starting out in their fitness journey or 2) have stopped exercising and are experiencing weight gain and/or limitations that prevent them from feeling confident in our standard group exercise classes. We will provide participants with a feeling of normalcy, confidence and accessibility. The ultimate goal is to support health seekers to overcome fears, build confidence and gain strength along the way with the option of LIVE and OnDemand classes taught on the Y Wellness 24/7 platform.						

Please note: Live classes are subject to cancellation. When possible, class changes are posted to the [Y Wellness 24/7](https://www.facebook.com/ywellness247) Facebook page. Always refresh your browser to ensure you have the most current version of this PDF.



Fall 2022

All classes are listed as Eastern Time Zone



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio & Core 12:00-12:30 PM Erica R (Chambersburg)	HIIT 12:00-12:30 PM Steph B (Bucks)	Vinyasa Yoga 12:00-1:00 PM Curt W (Community)	HIIT 12:00-12:30 PM Andrea B (Bucks)	Chair Yoga 12:00-1:00 PM Audrey A (Rappahannock)		New! Hip Shakerz (Polynesian Fitness) 4:00-4:30 PM ZaKia W (Rappahannock)
Core & More 4:30-5:15 PM Catrina A (Wallingford)	Barre Strength 12:00-12:45 PM Michelle L (Harrisburg)	AOA Strength & Conditioning 12:30-1:25 PM Terri D (Pikes Peak)	Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)	HIIT 12:15-12:45 PM Laura L (Pikes Peak)		
Returning! Total Body Bootcamp Express 5:30-6:00 PM Alicia L (Waterbury)	Y Wellness My Way Yoga 12:45-1:15 PM Steph B (Bucks)	Coming Soon! Full Body Fit 1:15-1:55 PM Caitlin K (Des Moines)	Cardio Conditioning & Core 4:30-5:00 PM Catrina A (Wallingford)	*Silver Sneakers® Circuit* 2:00-3:00 PM Terri D (Pikes Peak)		Cardio/Endurance
	Better Balance 12:45-1:30 PM Amanda C (Community)	Stretch & Movement 1:45-2:15 PM Terri D (Pikes Peak)	Functional Strength 4:30-5:00 PM Brittany D (Community)	Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		Strength/Bodywork
	Yoga for a Healthy Back 1:00-1:55 PM Gabi E (Pikes Peak)	Core 3:45-4:30 PM Deirdre H (Pikes Peak)		Family Yoga 6:00-6:30 PM Sandy G (Bucks)		Dance
	Family Cooking 5:00-5:30 PM Sara L (Bucks)	Coming Soon! Core Express 6:30-7:00 PM Kyle C (Harrisburg)		Zumba® 6:00-7:00 PM Joi H (Reading Berks)		Yoga/Mindfulness
	PIIT28® 5:30-6:15 PM Steph B (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Beginner/Seniors/ Adapted
	Kickboxing 6:30-7:15 PM Jamie B (Bucks)	New! Total Body Conditioning 6:45-7:30 PM Allyson L (Pikes Peak)				Kids/Family
	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)	Yolates 7:45-8:40 PM Allyson L (Pikes Peak)				Specialty

PRIVATE CLASSES - Available to Y members only. Located in the "Y Wellness 24/7 Exclusives - Live" section in the middle of the BurnAlong homepage, beneath "Popular Classes."						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)	*Total Body Barbell* 5:45-6:30 AM Jamie C (Roses)	Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)	*Total Body Barbell* 5:45-6:30 AM Jamie C (Roses)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)		*Classes* indicates class is live stream only and is not available for viewing in the video library.
	Total Body Barbell 9:15-10:00 AM Kristen L (Bucks)		*SilverSneakers® Circuit* 9:00-9:45 AM Marlene W (Indiana)			
	Core & More 10:15-10:45 AM Kristen L (Bucks)					Visit our website: ywellness247.org

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