

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AMPD Burn 6:00-6:45 AM Steph B (Bucks)	HIIT 5:00-5:45 AM Lisa D (Gr Valley)	Tabata 6:00-7:00 AM Susan K (Grove City)	HIIT 5:00-5:45 AM Lisa D (Gr Valley)	Cycle 6:00-6:45 AM Brittany D (Community)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	All Levels Yoga 7:45-8:45 AM Lisa D (Gr Waterbury)
Transform 8:00-8:40 AM Lisa D (Northwest CT)	Bootcamp 8:00-8:30 AM Brittany D (Community)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	PIIT28® 5:15-6:00 AM Steph B (Bucks)	Pilates 7:00-7:45 AM Jennifer P (Gr Rapids)	Total Body Bootcamp 8:30-9:15 AM Alicia L (Gr Waterbury)	Dance Party 9:00-10:00 AM Jenni F (Wallingford)
Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Silver&Fit® Balance 9:00-9:45 AM Shelly V (Lebanon)	Cardio Strength Fusion 8:30-9:15 AM Lisa G (North Shore)	Pilates Burn 8:00-8:30 AM Allison G (York)	Zumba® Kids 8:00-8:30 AM Elena M (Bucks)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	*Cardio KickFit* 9:45-10:30 AM Nicole S (Bucks)
Cardio & Strength Intervals 9:00-9:45 AM Michelle L (Harrisburg)	*Total Body Barbell* 9:15-10:00 AM Kristen L (Bucks)	Cycle 8:15-8:45 AM Brittany D (Community)	Zumba® 8:00-8:45 AM Elena M (Bucks)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Senior Strength 10:15-11:00 AM Amanda C (Community)	Dance Jam 10:00-10:45 AM Lisa G (North Shore)
Chair Yoga 9:00-9:45 AM Jessica B (Gr Valley)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	*Total Body Barbell* 8:45-9:45 AM Jamie C (York)	Active Older Adults 8:00-8:45 AM Jane K (Lancaster)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)		Mixed Intervals 10:00-10:45 AM Alexa (Carlisle)
Super Seniors 9:00-9:45 AM Sherri J (Indiana)	Pilates 9:30-10:30 AM Michelle L (Harrisburg)	Interval Training 9:00-9:45 AM Carrene W (Bucks)	MITT 8:45-9:30 AM Bea J.B. (Laurel)	*Super Seniors Cardio* 9:00-9:45 AM Sherri J (Indiana)		*Core & More* 10:45-11:15 AM Nicole S (Bucks)
Body Defined - Fire Up 9:15-10:15 AM Kate P (Valley Shore)	*PiYo®* 9:30-10:30 AM Nancy M (Community)	Core/Stretch 9:00-9:30 AM Brittany D (Community)	*SilverSneakers® Circuit* 9:00-9:45 AM Marlene W (Indiana)	Cardio Core 9:30-10:15 AM Laurie-Sue R (North Shore)		Vinyasa Yoga 11:00-12:00 PM Elda S (Bucks)
Y Wellness My Way Cardio 9:30-10:00 AM Jen G (Bucks)	*Core & More* 10:15-10:45 AM Kristen L (Bucks)	Gentle Yoga 9:00-9:45 AM Jessica R (Lancaster)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)		
HIIT 9:30-10:15 AM Megan M (Bucks)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Muscle Confusion 9:00-10:00 AM Michelle L (Harrisburg)	*PiYo®* 9:30-10:30 AM Nancy M (Community)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Visit our website: ywellness247.org
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	SilverSneakers® Classic 11:15-12:00 PM Erica R (Chambersburg)	Total Body Conditioning 9:00-10:00 AM Erica R (Chambersburg)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Back 'n Balance 9:45-10:30 AM Joyce P (Laurel)		
Slow Flow Yoga 10:00-10:45 AM Cori S (York)	Let's Get Going! 11:45-12:45 PM Kitch C (N Middlesex)	Y Wellness My Way Cardio 9:30-10:00 AM Andrea B (Bucks)	Tai Chi 10:00-11:00 AM Cindy S (N Middlesex)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)	Cardio/Endurance	Strength/Bodywork
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Booty Boot Camp 9:30-10:15 AM Megan M (Bucks)	*Core & More* 10:15-10:45 AM Nicole S (Bucks)	*Y Wellness My Way Pilates* 10:30-11:00 AM Trish H (Gr Rapids)	Dance	Mind/Body
Y Wellness My Way Pilates 10:30-11:00 AM Tricia S (Bucks)	Zumba® Burst 12:00-12:30 PM Nikki S (Community)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (York)	Gentle Yoga 10:30-11:15 AM Cori S (York)	Silver Sneakers® Circuit 11:00-11:45 AM Megan M (Bucks)	Seniors/Adapted	Kids/Family
SilverSneakers® Circuit 11:00-11:45 AM Megan M (Bucks)	Y Wellness My Way Yoga 12:45-1:15 PM Steph B (Bucks)	*Y Wellness My Way Pilates* 10:30-11:00 AM Trish H (Gr Rapids)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)	Chair Yoga 12:00-1:00 PM Audrey A (Rappahannock)	*Classes* indicates class is live stream only and is not available for viewing in the video library.	
	Better Balance 12:45-1:30 PM Amanda C (Community)	Pilates 10:30-11:15 AM Andrea B (Bucks)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)		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.	
		Stretch & Balance 11:00-11:45 AM Megan M (Bucks)	Kundalini Yoga 11:00-12:00 PM Jenny L (North Shore)		Y Wellness My Way classes can be found in the "Live" section below Categories & Zones	
		NOTE Wednesday & Thursday classes continued on Page 2				

DAYTIME CLASSES (continued)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	SilverSneakers® Classic 11:15-12:00 PM Erica R (Chambersburg)			
		Vinyasa Yoga 12:00-1:00 PM Curt W (Community)	*Zumba Gold®* 11:30-12:15 PM Amanda C (Community)			
		Barre 12:15-12:55 PM Melissa B (Valley Shore)	HIIT 12:00-12:30 PM Andrea B (Bucks)			
			Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)		*Classes* indicates class is live stream only and is not available for viewing in the video library.	
					<p>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.</p> <p>Y Wellness My Way classes can be found in the "Live" section below Categories & Zones</p>	

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Cardio & More 4:30-5:15 PM Catrina A (Wallingford)	Tread & Shred 4:30-5:30 PM Catrina A (Wallingford)	Functional Strength 4:30-5:00 PM Brittany D (Community)	TRX® Remix 4:00-5:00 PM Jeff R (Dow Bay)	Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		Cardio/Endurance
Total Body Bootcamp Express 4:45-5:15 PM Alicia L (Gr Waterbury)	Vinyasa Flow Yoga 5:00-6:00 PM Brian M (Harrisburg)	Zumba® 5:10-5:55 PM Natalie C (Bucks)	Cardio Conditioning & Core 4:30-5:00 PM Catrina A (Wallingford)	Zumba® 6:00-7:00 PM Joi H (Reading Berks)		Strength/Bodywork
Family Cooking 5:00-5:30 PM Sara L (Bucks)	HIIT 5:30-6:15 PM Paige N (York)	*Red Hot Dance Fitness™* 6:00-7:00 PM Pam K (Community)	Dance Party 6:30-7:30 PM Jenni F (Wallingford)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Dance
RUMBLE 5:30-6:10 PM Erika H (York)	PIIT28® 5:30-6:15 PM Steph B (Bucks)	HIITyasa 6:15-7:15 PM Robyn G (North Shore)	Y Wellness My Way: Strength 7:30-8:00 PM Jamie B (Bucks)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)		Mind/Body
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	Cardio Strength HIIT 6:30-7:15 PM Kerri O (North Shore)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)				Seniors/Adapted
RUMBLE 6:30-7:10 PM Erika H (York)	Kickboxing 6:30-7:15 PM Jamie B (Bucks)					Kids/Family
Barre Strength 6:30-7:15 PM Amanda C (Community)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)					
	Y Wellness My Way Kickboxing 7:30-8:00 PM Jamie B (Bucks)					Visit our website: ywellness247.org

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.