

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)	*Y Wellness My Way: Yoga* 6:00-6:30 AM Steph B (Bucks)	*Silver&Fit@ Excel* 8:00-8:45 AM Shelly V (Lebanon)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	*Cardio KickFit* 9:45-10:30 AM Nicole S (Bucks)
Muscle Conditioning 8:15-9:00 AM Lee B (North Shore)	Total Body Barbell 9:15-10:00 AM Kristen L (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)	Senior Strength 10:15-11:00 AM Amanda C (Community)	Dance Jam 10:00-10:45 AM Lisa G (North Shore)
Cardio & Strength Intervals 9:00-9:45 AM Michelle L (Harrisburg)	Y Wellness My Way: Seated Strength 9:30-10:00 AM Megan M (Bucks)	Interval Training 9:00-9:45 AM Carrene W (Bucks)	Total Body Conditioning 8:30-9:15 AM Jessica H (North Shore)	*Super Seniors Cardio* 9:00-9:45 AM Sherrri J (Indiana)		Mixed Intervals 10:00-10:45 AM Alexa (Carlisle)
Chair Yoga 9:00-9:45 AM Jessica B (Gr Valley)	Pilates 9:30-10:30 AM Michelle L (Harrisburg)	Gentle Yoga 9:00-9:45 AM Jessica R (Lancaster)	MITT 8:45-9:30 AM Bea J.B. (Laurel)	Y Wellness My Way: Cardio 9:30-10:00 AM Trish H (Gr Rapids)		*Core & More* 10:45-11:15 AM Nicole S (Bucks)
Super Seniors 9:00-9:45 AM Sherrri J (Indiana)	PiYo@ 9:30-10:30 AM Nancy M (Community)	Muscle Confusion 9:00-10:00 AM Michelle L (Harrisburg)	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)
Body Defined - Fire Up 9:15-10:15 AM Kate P (Valley Shore)	*SilverSneakers@ Classic* 10:00-10:45 AM Kate B (Valley Points)	Total Body Conditioning 9:00-10:00 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)		
Y Wellness My Way: Cardio 9:30-10:00 AM Jen G (Bucks)	Core & More 10:15-10:45 AM Kristen L (Bucks)	Y Wellness My Way: Cardio 9:30-10:00 AM Andrea B (Bucks)	PiYo@ 9:30-10:30 AM Nancy M (Community)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Visit our website: ywellness247.org
Circuit Rush 9:30-10:15 AM Marianna B (N Middlesex)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	*Booty Boot Camp* 9:30-10:15 AM Megan M (Bucks)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Back 'n Balance 9:45-10:30 AM Joyce P (Laurel)		
HIIT 9:30-10:15 AM Megan M (Bucks)	*Low Impact Aerobics* 11:15-12:00 PM Betsy B (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (York)	*SilverSneakers@ Circuit* 10:00-10:45 AM Analiza M (Valley Points)	*Ab Blast!* 10:30-11:00 AM Jen G (Bucks)	Cardio/Endurance	Strength/Bodywork
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	SilverSneakers@ Classic 11:15-12:00 PM Erica R (Chambersburg)	Y Wellness My Way: Pilates 10:30-11:00 AM Trish H (Gr Rapids)	Tai Chi 10:00-11:00 AM Cindy S (N Middlesex)	Y Wellness My Way: Pilates 10:30-11:00 AM Trish H (Gr Rapids)	Dance	Mind/Body
SilverSneakers@ Circuit 10:00-10:45 AM Kate B (Valley Points)	SilverSneakers@ Yoga 11:15-12:00 PM Analiza M (Valley Points)	Pilates 10:30-11:15 AM Andrea B (Bucks)	*Core & More* 10:15-10:45 AM Nicole S (Bucks)	*Silver Sneakers@ Circuit* 11:00-11:45 AM Megan M (Bucks)	Seniors/Adapted	Kids/Family
Slow Flow Yoga 10:00-10:45 AM Cori S (York)	Let's Get Going! 11:45-12:45 PM Kitch C (N Middlesex)	*Stretch & Balance* 11:00-11:45 AM Megan M (Bucks)	Gentle Yoga 10:30-11:15 AM Cori S (York)	Chair Yoga 12:00-1:00 PM Audrey A (Rappahannock)		
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)		*Classes* indicates class occurs live onsite at the YMCA. Instructor will be teaching to both virtual and in-person participants.	
Y Wellness My Way: Pilates 10:30-11:00 AM Tricia S (Bucks)	Zumba@ Burst 12:00-12:30 PM Nikki S (Community)	Vinyasa Yoga 12:00-1:00 PM Curt W (Community)	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.	
SilverSneakers@ Circuit 11:00-11:45 AM Megan M (Bucks)	Better Balance 12:45-1:30 PM Amanda C (Community)	Barre 12:15-12:55 PM Melissa B (Valley Shore)	Kundalini Yoga 12:15-12:00 PM Jenny L (North Shore)		Y Wellness My Way classes can be found in the "Live" section below Categories & Zones	
			NOTE Thursday classes continued on Page 2			

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

DAYTIME CLASSES (continued)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			SilverSneakers® Classic 11:15-12:00 PM Erica R (Chambersburg)			
			SilverSneakers® Yoga 11:15-12:00 PM Analiza M (Valley Points)			
			Zumba Gold® 11:30-12:15 PM Amanda C (Community)			
			HIIT 12:00-12:30 PM Andrea B (Bucks)		*Classes* indicates class occurs live onsite at the YMCA. Instructor will be teaching to both virtual and in-person participants.	
			Gentle Yoga 2:00-3:00 PM Sandy G (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. Y Wellness My Way classes can be found in the "Live" section below Categories & Zones	
			Bootcamp 3:30-4:15 PM Alex G (North Shore)			
			Bootcamp 3:30-4:15 PM Alex G (North Shore)			

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
Family Cooking 5:00-5:30 PM Sara L (Bucks)	Vinyasa Flow Yoga 5:00-6:00 PM Brian M (Harrisburg)	Total Body Tabata Bootcamp 4:45-5:15 PM Alicia L (Gr Waterbury)	Cardio HIIT 4:30-5:00 PM Catrina A (Wallingford)	Zumba® Kids 6:00-6:30 PM Elena M (Bucks)		Strength/Bodywork
RUMBLE 5:30-6:10 PM Erika H (York)	Core & More 5:30-6:15 PM Paige N (York)	*Zumba®* 5:10-5:55 PM Natalie C (Bucks)	Zumba® 5:00-5:45 PM Elena M (Bucks)	Zumba® 6:00-7:00 PM Joi H (Reading Berks)		Dance
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	PIIT28® 5:30-6:15 PM Steph B (Bucks)	Red Hot Dance Fitness™ 6:00-7:00 PM Pam K (Community)	Coming Soon! POUND® 5:45-6:30 PM Tiffany K (Rappahannock)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Mind/Body
RUMBLE 6:30-7:10 PM Erika H (York)	Cardio Strength HIIT 6:30-7:15 PM Kerri O (North Shore)	BollyX® 6:15-7:00 PM Gina G (Bucks)	Vinyasa Yoga 6:00-6:45 PM Colleen W (North Shore)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)		Seniors/Adapted
Barre Strength 6:30-7:15 PM Amanda C (Community)	Kickboxing 6:30-7:15 PM Jamie B (Bucks)	HIITyasa 6:15-7:15 PM Robyn G (North Shore)	Dance Party 6:30-7:30 PM Jenni F (Wallingford)			Kids/Family
	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)	Y Wellness My Way: Strength 7:30-8:00 PM Jamie B (Bucks)			
	Y Wellness My Way: Kickboxing 7:30-8:00 PM Jamie B (Bucks)					Visit our website: ywellness247.org

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