



# Winter 2026



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle Express</b> Laura (River Cr) 6-6:30 AM (EST) 3-6:30 AM (PST)	<b>Full Body Fit</b> Kim S (Des Moines) 6:15-7:00 AM (EST) 5:15-6:00 AM (CST)	<b>Tabata Blast</b> Michelle L (Harrisburg) 8:30-9:00 AM (EST) 5:30-6:00 AM (PST)	<b>Full Body Fit</b> Kim S (Des Moines) 6:15-7:00 AM (EST) 5:15-6:00 AM (CST)	<b>Yoga Hatha en Espanol</b> Daniela (Harrisburg) 6:30-7:30 AM (EST) 3:30-4:30 AM (PST)	<b>Pilates</b> Michelle L (Harrisburg) 9-9:45 AM (EST) 6-6:45 AM (PST)	<b>Vinyasa Yoga</b> Elda S (River Cr) 10-11 AM (EST) 7-10 AM (PST)
<b>Cardio &amp; Strength Intervals</b> Michelle L (Harrisburg) 9-9:45 AM (EST) 6-6:45 (PST)	<b>Seated Strength</b> Megan M (River Cr) 9:30-10 AM (EST) 6:30-7 AM (PST)	<b>Strengthen &amp; Lengthen</b> Michelle L (Harrisburg) 9-10 AM (EST) 6-7 AM (PST)	<b>Zumba®</b> Elena M (River Cr) 9-9:45 AM (EST) 6-6:45 AM (PST)	<b>Silver&amp;Fit® Excel</b> Shelly V (Lebanon) 8-8:45 AM (EST) 5-5:45 AM (PST)	<b>Gentle Yoga Stretch</b> Michelle L (Harrisburg) 10-10:30 AM (EST) 7-7:30 AM (PST)	
<b>HIIT Revolution</b> Megan M (River Cr) 9:30-10:15 AM (EST) 6:30-7:15 AM (PST)	<b>Upper Body Blast</b> Megan M (River Cr) 10:30-11:15 AM (EST) 7:30-8:15 AM (PST)	<b>Booty Boot Camp</b> Megan M (River Cr) 9:30-10:15 AM (EST) 6:30-7:15 AM (PST)	<b>Seated Strength</b> Megan M (River Cr) 9:30-10 AM (EST) 6:30-7 AM (PST)	<b>SilverSneakers® Yoga</b> Lynda W (Franklin) 8:45-9:30 AM (EST) 5:45-6:30 AM (PST)	<b>Hatha Yoga</b> Sandy G (River Cr) 10-11 AM (EST) 7-8 AM (PST)	<b>Visit our website:</b> <a href="http://ywellness247.org">ywellness247.org</a>
<b>Silver&amp;Fit® Excel</b> Shelly V (Lebanon) 11-11:45 AM (EST) 8-8:45 AM (PST)	<b>Gentle Yoga</b> Leah S (Shasta) 11 AM-12 PM (EST) 8-9 AM (PST)	<b>Silver&amp;Fit® Excel</b> Shelly V (Lebanon) 11-11:45 AM (EST) 8-8:45 AM (PST)	<b>Upper Body Blast</b> Megan M (River Cr) 10:30-11:15 AM (EST) 7:30-8:15 AM (PST)	<b>Zumba®</b> Elena M (River Cr) 9-9:30 AM (EST) 6-6:30 AM (PST)		<b>Cardio/Endurance</b>
<b>SilverSneakers® Circuit</b> Megan M (River Cr) 11-11:45 AM (EST) 8-8:45 AM (PST)	<b>Posture &amp; Core</b> Trish H (River Cr) 11:15-11:45 AM (EST) 8:15-8:45 AM (PST)	<b>Stretch &amp; Balance</b> Megan M (River Cr) 11-11:45 AM (EST) 8-8:45 AM (PST)	<b>Gentle Yoga</b> Leah S (Shasta) 11 AM-12 PM (EST) 8-9 AM (PST)	<b>Total Body Conditioning</b> Megan M (River Cr) 9:30-10:15 AM (EST) 6:30-7:15 AM (PST)		<b>Zumba®/Dance</b>
<b>Intro to Dance *Learn the Basics*</b> Angelica (Harrisburg) 12-12:15 PM (EST) 9-9:15 AM (PST)	<b>Cardio Mix</b> Trish H (River Cr) 12-12:30 PM (EST) 9-9:30 AM (PST)	<b>Senior Stretch</b> Leah S (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	<b>Senior Stretch</b> Leah S (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	<b>Gentle Yoga</b> Elda S (River Cr) 9:30-10:30 AM (EST) 6:30-7:30 AM (PST)		<b>Strength/Bodywork</b>
<b>Chair Strength</b> Abby C (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	<b>Senior Stretch</b> Leah S (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)	<b>Total Body Bootcamp</b> Alicia L (Waterbury) 5:30-6:15 PM (EST) 3:30-4:15 PM (PST)	<b>Gentle Yoga</b> Sandy G (River Cr) 2-3 PM (EST) 11 AM-12 PM (PST)	<b>Back n Balance</b> Joyce P (Laurel) 9:45-10:30 AM (EST) 6:45-7:30 AM (PST)		<b>Yoga/Mindfulness</b>
<b>Intro to Dance en Espanol *Learn the Basics*</b> Angelica (Harrisburg) 12:30-12:45 PM (EST) 9:30-9:45 AM (PST)	<b>Meditation</b> Sandy G (River Cr) 2:00-2:30 PM (EST) 11-11:30 AM (PST)	<b>TLC Yoga</b> Terry C (Indiana) 6:30-7:30 PM (EST) 3:30-4:30 PM (PST)		<b>SilverSneakers® Circuit</b> Megan M (River Cr) 11-11:45 AM (EST) 8-8:45 AM (PST)		<b>Active Older Adults</b>
<b>QiGong/Tai Chi</b> Sandy G (River Cr) 2-2:45 PM (EST) 11-11:45 AM (PST)	<b>Hatha Yoga</b> Sandy G (River Cr) 7-8 PM (EST) 4-5 PM (PST)			<b>Instructor's Choice en Espanol</b> Angelica R (Harrisburg) 11:30 AM-12:15 PM (EST) 8:30-9:15 AM (PST) *See live schedule for weekly class format*		<b>Beginner/Adapted/ Y Wellness My Way</b>
<b>Strictly Strength</b> Alicia L (Waterbury) 4:15-4:45 PM (EST) 1:15-1:45 PM (PST)				<b>Chair Strength</b> Abby C (Shasta) 12:15-1:15 PM (EST) 9:15-10:15 AM (PST)		<b>Kids/Family</b>
				<b>TLC Yoga</b> Terry C (Indiana) 6:30-7:30 PM (EST) 3:30-4:30 PM (PST)		

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.

Updated 12/23/25