



Y Wellness My Way January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Y Wellness My Way Cardio 9:30-10:00 AM Jen G (Bucks)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Y Wellness My Way Cardio 9:30-10:00 AM Andrea B (Bucks)	Y Wellness My Way Seated Strength 9:30-10:00 AM Megan M (Bucks)	Y Wellness My Way Pilates 10:30-11:00 AM Trish H (Gr Rapids)	
Y Wellness My Way Pilates 10:30-11:00 AM Tricia S (Bucks)		Y Wellness My Way Pilates 10:30-11:00 AM Trish H (Gr Rapids)			
	Y Wellness My Way Yoga 12:45-1:15 PM Steph B (Bucks)				
	Y Wellness My Way Kickboxing 7:30-8:00 PM Jamie B (Bucks)		Y Wellness My Way Strength 7:30-8:00 PM Jamie B (Bucks)		
Cardio/Endurance	Strength/Bodywork	Mind/Body	Seniors/Adapted		Visit our website: ywellness247.org

***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

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.