

Y Wellness 24/7 videos and live classes are easily located at the top of the Bernalong homepage.
Some live classes are exclusive to Y Wellness 24/7 users - These classes are indicated as gray boxes on the schedule and located in the middle of the Bernalong homepage.

PM CLASSES (All times listed are Eastern Time Zone)

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)		
Pilates 12:00-12:55 PM Nanette W (Pikes Peak)	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)		
QiGong / Tai Chi 2:00-2:45 PM Sandy G (Bucks)	Better Balance 12:15-1:00 PM Amanda C (Community)	Full Body Fit 1:10-1:55 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
Parkinson's Boxing, YWMY 4:15-5:00 PM Kristin M (Bucks)	Yoga, YWMY 12:45-1:15 PM Steph B (Bucks)	Stretch & Mobility 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
Core & More 4:30-5:15 PM Catrina A (Wallingford)	Meditation 1:00-1:30 PM Sandy G (Bucks)	Core 3:45-4:30 PM Deirdre H (Pikes Peak)		Family Yoga 6:00-6:30 PM Sandy G (Bucks)		Dance
Parkinson's POWER Moves, YWMY 5:15-5:45 PM Kristin M (Bucks)	Yoga for a Healthy Back 1:00-1:55 PM Gabi E (Pikes Peak)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Zumba® 6:15-7:15 PM Joi H (Reading Berks)		Yoga/Mindfulness
Total Body Bootcamp Express 5:30-6:00 PM Alicia L (Waterbury)	Family Cooking 5:00-5:30 PM Sara L (Bucks)	Total Body Conditioning 6:45-7:30 PM Allyson L (Pikes Peak)		TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Beginner/Seniors/ Adapted
	PIIT28® 5:30-6:15 PM Steph B (Bucks)	Yolates 7:45-8:40 PM Allyson L (Pikes Peak)				Kids/Family
	Kickboxing 6:30-7:15 PM Jamie B (Bucks)					
	Hatha Yoga 7:00-8:00 PM Sandy G (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.