

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

AM CLASSES (All times listed are Eastern Time Zone)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AMPD Burn 5:30-6:15 AM Steph B (Bucks)	*Total Body Barbell* 5:45-6:30 AM Jamie C (Roses)	Strength & Cardio Interval Training 6:05-7:05 AM Susan K (Grove City)	PIIT28® 5:30-6:15 AM Steph B (Bucks)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	Vinyasa Yoga 10:00-11:00 AM Elda S (Bucks)
Core Revolution 7:05-7:30 AM Kim S (Des Moines)	Beginner Bootcamp 6:15-6:45 AM Brittany D (Community)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Rise & Shine Stretch 6:15-6:45 AM Brittany D (Community)	Transform 8:00-8:40 AM Lisa D (Northwest CT)	Total Body Bootcamp 8:30-9:15 AM Alicia L (Waterbury)	
Transform 8:00-8:40 AM Lisa D (Northwest CT)	Full Body Fit 6:15-7:00 AM Kim S (Des Moines)	Core/Stretch 8:30-9:00 AM Brittany D (Community)	Full Body Fit 6:15-7:00 AM Kim S (Des Moines)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	
Kickboxing Interval 8:45-9:15 AM Alexia B (Pikes Peak)	SilverSneakers® Circuit 8:00-8:45 AM Pam T (Beaver)	Total Body Conditioning 8:45-9:15 AM Alexia B (Pikes Peak)	Pilates Burn 8:00-8:30 AM Allison G (Roses)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)	Senior Strength 10:15-11:00 AM Amanda C (Community)	Visit our website: ywellness247.org
Cardio & Strength Intervals 9:00-9:45 AM Michelle L (Harrisburg)	Indoor Cycling 8:45-9:30 AM Terri W (Pikes Peak)	Drummercise 9:00-9:30 AM Pam T (Beaver)	Indoor Cycling 8:45-9:30 AM Terri W (Pikes Peak)	Zumba® Kids 9:00-9:30 AM Elena M (Bucks)		Cardio/Endurance
Chair Yoga 9:00-9:45 AM Jessica B (Gr Valley)	*Total Body Barbell* 9:15-10:00 AM Kristen L (Bucks)	AOA Cardio, Strength & Stretch 9:00-9:45 AM Jamie C (Roses)	MIIT 8:45-9:30 AM Bea J.B. (Laurel)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)		Dance
HIIT 9:30-10:15 AM Megan M (Bucks)	Seated Strength, YWY 9:30-10:00 AM Megan M (Bucks)	Total Body Conditioning 9:00-9:45 AM Erica R (Chambersburg)	*SilverSneakers® Circuit* 9:00-9:45 AM Marlene W (Indiana)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Strength/Bodywork
Slow Flow Yoga 10:00-10:45 AM Cori S (Roses)	Pilates 9:30-10:30 AM Michelle L (Harrisburg)	Gentle Yoga 9:00-10:00 AM Jessica R (Roses)	Zumba® 9:00-9:45 AM Elena M (Bucks)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		Yoga/Mindfulness
Strength & Sculpt 10:00-10:45 AM Tricia S (Bucks)	*Core & More* 10:15-10:45 AM Kristen L (Bucks)	Strengthen & Lengthen 9:00-10:00 AM Michelle L (Harrisburg)	Seated Strength, YWY 9:30-10:00 AM Megan M (Bucks)	Pilates, YWY 10:30-11:00 AM Trish H (Bucks)		Beginner/Seniors/ Adapted
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	*Zumba Gold®* 10:15-11:00 AM Deirdre H (Pikes Peak)	Booty Boot Camp 9:30-10:15 AM Megan M (Bucks)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Silver Sneakers® Circuit 11:00-11:45 AM Megan M (Bucks)		Kids/Family
Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (Roses)	Upper Body Blast 10:30-11:15 AM Megan M (Bucks)	Mat Pilates 11:00-11:55 AM Alyssa L (Pikes Peak)		Y Wellness My Way (YWY)
SilverSneakers® Circuit 11:00-11:45 AM Megan M (Bucks)	Pilates Fusion 11:00-11:45 AM Tricia S (Bucks)	Pilates 10:15-11:00 AM Andrea B (Bucks)	*Zumba®* 10:30-11:15 AM Deirdre H (Pikes Peak)	*Zumba®* 11:30-12:15 PM Angelica (Harrisburg)		Y Wellness My Way classes are for those who are just starting out or looking to develop a regular aerobic and strength training program with the help of Y professionals to help them live their healthiest lives, fight chronic disease, and feel great!
HIIT 11:00-11:55 AM Nanette W (Pikes Peak)		Stability (Exercise) Ball 101 10:30-11:15 AM Trish H (Bucks)	Balls Bands & Bells 11:00-11:45 AM Lisa D (Northwest CT)			
Active Older Adults 11:15-12:15 PM Lori S (Des Moines)		Silver&Fit® Excel 11:00-11:45 AM Shelly V (Lebanon)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)			
		Stretch & Balance 11:00-11:45 AM Megan M (Bucks)				*Classes* indicates class is live stream only and is not available for viewing in the video library.
		Hatha Yoga 11:00-12:00 PM Elda S (Bucks)				

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.