

Y Beyond Walls at St. John the Evangelist Church
Virtual & Live Group Exercise Schedule
Day Classes
April 26 – May 31, 2021

“We’re here for you.”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:00 - 6:45am Steph VIRTUAL	Circuit Workout 7:30 - 8:15am Andrea Outside/ *MPR	Strength & Sculpt 7:30 - 8:15am Andrea *MPR	Y Wellness My Way: Yoga 6:00 - 6:30am Steph VIRTUAL	HIIT 6:30 - 7:00am Carolyn VIRTUAL	Circuit Workout 8:00 - 8:45am Andrea VIRTUAL	Cardio KickFit 9:30 - 10:15am Nicole S. VIRTUAL
Strength & Sculpt 9:00 - 9:45am Lisa *MPR	Total Body Barbell 9:15 - 10:00am Kristen L. VIRTUAL	Gentle Yoga 9:00 - 9:45am Cathy S. VIRTUAL	HIIT 8:00 - 8:45m Irene *MPR/Outside	Strength & Sculpt 8:00 - 8:45am Lisa *MPR	Y Wellness My Way: Barre 8:30 - 9:00am Tricia VIRTUAL	Core & More 10:30 - 11:00am Nicole S. VIRTUAL
Pilates 8:30 - 9:15am Vicki C. VIRTUAL	Y Wellness My Way: Seated Strength Megan 9:30 - 10:00am VIRTUAL	Interval Training 9:00 - 9:45am Carrene VIRTUAL	Y Wellness My Way: Seated Strength Megan 9:30 - 10:00am VIRTUAL	Silver Sneakers® Classic 9:00 - 9:45am Rovena *MPR	ZUMBA® 9:00 - 9:45am Natalie C. VIRTUAL	Vinyasa Yoga 11:00am - 12:00pm Elda VIRTUAL
Y Wellness My Way: Cardio 9:30 - 10:00am Heather VIRTUAL	Core & More Kristen L. 10:15 - 10:45am VIRTUAL	Y Wellness My Way: Cardio 9:30 - 10:00am Andrea VIRTUAL	Core & More 10:15 - 10:45am Nicole S. VIRTUAL	Strength & Sculpt 9:30 - 10:15am Megan VIRTUAL	Hatha Yoga 10:00 - 11:00am Sandy VIRTUAL	
Chair Yoga 9:30 - 10:15am Cathy S. VIRTUAL	Tank Top Arms 10:30 - 11:15am Megan VIRTUAL	Leg Day 9:30 - 10:15am Megan VIRTUAL	Chest & Back 10:30 -11:15am Megan VIRTUAL	Gentle Yoga 9:30 - 10:30am Elda VIRTUAL		
HIIT 9:30 - 10:15am Megan VIRTUAL	Low Impact Aerobics 11:30am - 12:15pm Betsy VIRTUAL	ZUMBA® Gold 10:15 - 11:00am Betsy *MPR	Barre Fusion 11:00 - 11:45am Tricia VIRTUAL	Ab Blast! 10:30 - 11:00am Jen VIRTUAL		
Strength & Sculpt 9:30 - 10:15am Tricia VIRTUAL	HIIT 12:00 - 12:30pm Steph VIRTUAL	Pilates 10:30 - 11:15am Andrea VIRTUAL	Low Impact Aerobics 11:30am - 12:15pm Cathy M. VIRTUAL	Low Impact Movement & Strength 11:00 - 11:45am Megan VIRTUAL		
Sit & Be Fit 10:00 - 10:45am Lisa *MPR		Stretch & Balance 11:00 - 11:45am Megan VIRTUAL	HIIT 12:00 - 12:30pm Andrea VIRTUAL			
Y Wellness My Way: Pilates 10:30 - 11:00am Tricia VIRTUAL		Hatha Yoga 11:00am - 12:00pm Elda VIRTUAL	Gentle Yoga 2:00 - 3:00pm Sandy VIRTUAL			
Ab Blast! 10:30 - 11:00am Jen VIRTUAL		Silver Sneakers® Yoga 11:15am - 12:00pm Betsy *MPR		Y Beyond Walls Group Exercise Schedule Located at St. John the Evangelist Church 752 Big Oak Road Morrisville, PA 19067 * MPR = Multi-Purpose Room		
Low Impact Movement & Strength 11:00 - 11:45am Megan VIRTUAL		ZUMBA® Gold 12:00 - 12:45pm Melinda VIRTUAL				

Y Beyond Walls at St. John the Evangelist Church
Virtual & Live Group Exercise Schedule
Evening Classes
April 26, 2021

"We're here for you."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
Interval Strength Training 5:30 - 6:15pm Jamie B. V&RTUAL	Interval Strength Training 5:15 - 6:00pm Irene *MPR	HIIT 6:00 - 6:45pm Kymberlee *MPR/Outside	ZUMBA® 5:00 - 5:45pm Elena V&RTUAL	ZUMBA® Kids 6:00 - 6:30pm Elena V&RTUAL		
Yoga Qi Gong 6:00 - 6:45pm Sandy V&RTUAL	Strength & Sculpt 5:30 - 6:15pm Andrea V&RTUAL	BollyX® 6:15 - 7:00pm Gina V&RTUAL	Express Strength 5:15 - 5:45pm Jamie B. *MPR	Family Yoga 6:45 - 7:15pm Sandy V&RTUAL		
Y Wellness My Way: Kickboxing 7:00 - 7:30pm Jamie V&RTUAL	PIIT 28® 5:30 - 6:15pm Steph V&RTUAL	Y Wellness My Way: Strength 7:00 - 7:30pm Jamie V&RTUAL		<p align="center">Y Beyond Walls Group Exercise Schedule Located at St. John the Evangelist Church 752 Big Oak Road Morrisville, PA 19067</p> <p>* MPR = Multi-Purpose Room</p>		
	Kickboxing 6:30 - 7:15pm Jamie V&RTUAL					
	Hatha Yoga 7:00 - 8:00pm Sandy V&RTUAL					
			4/20/2021			

Classes with the **V&RTUAL** icon can be streamed live on our Virtual Wellness Platform

Y Wellness My Way 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.