

**Y Beyond Walls Group Exercise Schedule at St. John the Evangelist Church**  
**Virtual & Live Group Exercise Schedule**  
**Daytime Classes**  
**January 4, 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT</b> 6:00 - 6:45am Steph <b>VIRTUAL</b>	(begins 2/9) <b>Interval Training</b> 6:30 - 7:15am Heather <b>VIRTUAL</b>	<b>Yoga</b> 6:00 - 7:00am Laura S. <b>VIRTUAL</b>	<b>Interval Training</b> 6:30 - 7:15am Renzo <b>VIRTUAL</b>	<b>HIIT</b> 6:30 - 7:00am Carolyn <b>VIRTUAL</b>	<b>Circuit Workout</b> 8:00 - 8:45am Andrea <b>VIRTUAL</b>	<b>BodyCombat™</b> 9:30 - 10:15am Nicole S. <b>VIRTUAL</b>
<b>Strength &amp; Sculpt</b> 9:00 - 9:45am Lisa   *MPR	<b>Boot Camp</b> 7:30 - 8:15am Andrea   Outside	<b>Strength &amp; Sculpt</b> 7:30 - 8:15am Andrea   *MPR	<b>HIIT</b> 8:00 - 8:45am Irene   Outside	<b>BodyPump™</b> 8:00 - 8:45am Lisa   Outside	<b>Barre Fusion</b> 8:30 - 9:15am Tricia <b>VIRTUAL</b>	<b>CXWORX™</b> 10:30 - 11:00am Nicole S. <b>VIRTUAL</b>
<b>Pilates</b> 8:30 - 9:15am Vicki C. <b>VIRTUAL</b>	<b>Pilates</b> 9:00 - 9:45am Andrea *MPR	<b>Pilates</b> 8:00 - 8:45am Vicki <b>VIRTUAL</b>	<b>Stretch &amp; Balance</b> 8:00 - 8:45am Melinda <b>VIRTUAL</b>	<b>Pop Pilates®</b> 8:00 - 8:45am Melinda <b>VIRTUAL</b>	<b>ZUMBA®</b> 9:00 - 9:45am Natalie C. <b>VIRTUAL</b>	<b>Vinyasa Yoga</b> 11:00am-12:00pm Elda <b>VIRTUAL</b>
<b>Chair Yoga</b> 9:30 - 10:15am Cathy S. <b>VIRTUAL</b>	<b>BodyPump™</b> 9:15 - 10:00am Kristen L. <b>VIRTUAL</b>	<b>Gentle Yoga</b> 9:00 - 9:45am Cathy S. <b>VIRTUAL</b>	<b>Hatha Yoga</b> 9:00 - 10:00am Elda *MPR	<b>Sit &amp; Be Fit</b> 9:00 - 9:45am Rovena   *MPR	<b>Pilates</b> 9:30 - 10:15am Tricia <b>VIRTUAL</b>	
<b>HIIT</b> 9:30 - 10:15am Megan <b>VIRTUAL</b>	<b>CXWORX™</b> 10:15 - 10:45am Nicole S. <b>VIRTUAL</b>	<b>Leg Day</b> 9:30 - 10:15am Megan <b>VIRTUAL</b>	<b>BodyPump™</b> 9:15 - 10:00am Carrene <b>VIRTUAL</b>	<b>Strength &amp; Sculpt</b> 9:30 - 10:15am Megan <b>VIRTUAL</b>	<b>Hatha Yoga</b> 10:00 - 11:00am Sandy <b>VIRTUAL</b>	
<b>Strength &amp; Sculpt</b> 9:30 - 10:15am Tricia <b>VIRTUAL</b>	<b>Tank Top Arms</b> 10:30 - 11:15am Megan <b>VIRTUAL</b>	<b>Interval Training</b> 9:30 - 10:15am Carrene <b>VIRTUAL</b>	<b>CXWORX™</b> 10:15 - 10:45am Nicole S. <b>VIRTUAL</b>	<b>Gentle Yoga</b> 9:30 - 10:30am Elda <b>VIRTUAL</b>		
<b>Sit &amp; Be Fit</b> 10:00 - 10:45am Lisa   *MPR	<b>Low Impact Aerobics</b> 11:30am - 12:15pm Betsy <b>VIRTUAL</b>	<b>Stretch &amp; Balance</b> 10:15 - 11:00am Betsy   *MPR	<b>Chest &amp; Back</b> 10:30 - 11:15am Megan <b>VIRTUAL</b>	<b>Ab Blast!</b> 10:30 - 11:00am Jen <b>VIRTUAL</b>		
<b>Ab Blast!</b> 10:30 - 11:00am Jen <b>VIRTUAL</b>	<b>HIIT</b> 12:00 - 12:30pm Steph <b>VIRTUAL</b>	<b>Pilates</b> 10:30 - 11:15am Andrea <b>VIRTUAL</b>	<b>Barre Fusion</b> 11:00 - 11:45am Tricia <b>VIRTUAL</b>	<b>Low Impact Movement &amp; Strength</b> 11:00 - 11:45am Megan <b>VIRTUAL</b>		
<b>Low Impact Movement &amp; Strength</b> 11:00 - 11:45am Megan <b>VIRTUAL</b>	<b>Chair Yoga</b> 12:00 - 1:00pm Ogden <b>VIRTUAL</b>	<b>Hatha Yoga</b> 11:00am - 12:00pm Elda <b>VIRTUAL</b>	<b>Low Impact Aerobics</b> 11:30am - 12:15pm Cathy M. <b>VIRTUAL</b>			
		<b>Stretch &amp; Balance</b> 11:00 - 11:45am Megan <b>VIRTUAL</b>	<b>Chair Yoga</b> 12:00 - 1:00pm Ogden <b>VIRTUAL</b>	<b>Y Beyond Walls Group Exercise Schedule</b> <b>Located at St. John the Evangelist Church</b> <b>752 Big Oak Road Morrisville, PA 19067</b>  * MPR = Multi-Purpose Room		
		<b>ZUMBA® Gold</b> 12:00 - 12:45pm Melinda <b>VIRTUAL</b>	<b>HIIT</b> 12:00 - 12:30pm Andrea <b>VIRTUAL</b>			
			<b>Gentle Yoga</b> 2:00 - 3:00pm Sandy <b>VIRTUAL</b>			

**Y Beyond Walls Group Exercise Schedule at St. John the Evangelist Church**  
**Virtual & Live Group Exercise Schedule**  
**Evening Classes**  
**January 4, 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
<b>ZUMBA®</b> 5:00 - 5:45pm Leanne <b>V&amp;RTUAL</b>	<b>Strength &amp; Sculpt</b> 5:30 - 6:15pm Andrea <b>V&amp;RTUAL</b>	<b>TBC</b> 5:30 - 6:15pm Katie B. <b>V&amp;RTUAL</b>	<b>ZUMBA®</b> 5:00 - 5:45pm Elena <b>V&amp;RTUAL</b>	<b>ZUMBA® Kids</b> 6:00 – 6:30pm Elena <b>V&amp;RTUAL</b>		
<b>Interval Strength Training</b> 5:30 - 6:15pm Jamie B. <b>V&amp;RTUAL</b>	<b>PIIT</b> 5:30 - 6:15pm Steph <b>V&amp;RTUAL</b>	<b>HIIT</b> 6:00 - 6:45pm Kymberlee   Outside	<b>Kickboxing</b> 5:30 - 6:15pm Katie B. <b>V&amp;RTUAL</b>	<b>Family Yoga</b> 6:45 – 7:15pm Sandy <b>V&amp;RTUAL</b>		
<b>Yoga Qi Gong</b> 6:00 – 6:45pm Sandy   <b>V&amp;RTUAL</b>	<b>BodyPump™</b> 6:00 - 6:45pm Alexa   Outside	<b>BollyX®</b> 6:15 – 7:00pm Gina <b>V&amp;RTUAL</b>	<b>Interval Strength Training</b> 6:30 - 7:15pm Renzo <b>V&amp;RTUAL</b>	<p align="center"><b>Y Beyond Walls Group Exercise Schedule</b>  <b>Located at St. John the Evangelist Church</b>  <b>752 Big Oak Road Morrisville, PA 19067</b></p> <p><b>* MPR = Multi-Purpose Room</b></p>		
<b>CXWORX™</b> 6:30 - 7:00pm Carolyn <b>V&amp;RTUAL</b>	<b>Kickboxing</b> 6:30 – 7:15pm Jamie <b>V&amp;RTUAL</b>	<b>Vinyasa Yoga</b> 7:00 – 8:00pm Eric <b>V&amp;RTUAL</b>				
<b>Barre</b> 7:15 – 8:00pm Nicole T. <b>V&amp;RTUAL</b>	<b>Hatha Yoga</b> 7:00 – 8:00pm Sandy <b>V&amp;RTUAL</b>	<b>Barre</b> 7:15 – 8:00pm Nicole T. <b>V&amp;RTUAL</b>				
			1/5/2021			

If outdoor classes are canceled due to inclement weather or low attendance, please visit us on our new virtual platform where you will have access to our on demand library and live streamed classes!

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

Classes with the **V&RTUALIVE** icon are classes that take place live from the branch while streaming to members on our Virtual Wellness Platform.