

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:00-6:45 AM Steph B (Bucks)	HIIT 5:00-5:45 AM Lisa D (Gr Valley)	Total Body Barbell 5:30-6:30 AM Jamie C (York)	HIIT 5:00-5:45 AM Lisa D (Gr Valley)	Cycle 6:00-6:45 AM Brittany D (Community)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	All Levels Yoga 7:45-8:45 AM Lisa D (Gr Waterbury)
Transform 8:00-8:40 AM Lisa D (Northwest CT)	Bootcamp 8:00-8:30 AM Brittany D (Community)	Tabata 6:00-7:00 AM Susan K (Grove City)	*Y Wellness My Way: Yoga 6:00-6:30 AM Steph B (Bucks)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	*Y Wellness My Way: Barre 8:30-9:00 AM Tricia S (Bucks)	Dance Party 9:00-10:00 AM Jenni F (Wallingford)
Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Silver&Fit® Balance 9:00-9:45 AM Sherri J (Indiana)	30 Min Cardio Burn 8:00-8:30 AM Alicia L (Gr Waterbury)	Active Older Adults 8:00-8:45 AM Jane K (Lancaster)	Blend Pilates 8:15-9:00 AM Eileen M (North Shore)	Total Body Bootcamp 8:30-9:15 AM Alicia L (Gr Waterbury)	Barre 9:30-10:10 AM Melissa B (Valley Shore)
Pilates 8:30-9:15 AM Vicki C (Bucks)	Pilates 9:15-9:45 AM Ryan L (North Shore)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Total Body Conditioning 8:30-9:15 AM Jessica H (North Shore)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)	20x3 (Cardio/Strength) 8:45-9:45 AM Kate P (Valley Shore)	Cardio KickFit 9:30-10:15 AM Nicole S (Bucks)
Cardio HIIT 9:00-9:45 AM Laurie-Sue R (North Shore)	Total Body Barbell 9:15-10:00 AM Kristen L (Bucks)	Cardio Strength Fusion 8:30-9:15 AM Lisa G (North Shore)	MITT 8:45-9:30 AM Bea J.B. (Laurel)	Super Seniors Cardio 9:00-9:45 AM Sherri J (Indiana)	Zumba® 9:00-9:45 AM Natalie C (Bucks)	Dance Jam 9:30-10:15 AM Lisa G (North Shore)
Super Seniors 9:00-9:45 AM Sherri J (Indiana)	*Y Wellness My Way: Seated Strength 9:30-10:00 AM Megan M (Bucks)	Interval Training 9:00-9:45 AM Carrene W (Bucks)	Chair Yoga 9:00-9:45 AM Jessica R (Lancaster)	*Y Wellness My Way: Cardio 9:30-10:00 AM Trish (Grand Rapids)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	Core & More 10:30-11:00 AM Nicole S (Bucks)
Body Defined - Fire Up 9:15-10:15 AM Kate P (Valley Shore)	Chair Yoga 9:30-10:15 AM Jessica B (Gr Valley)	Total Body Conditioning 9:00-10:00 AM Erica R (Chambersburg)	SilverSneakers® Circuit 9:00-9:45 AM Marlene W (Indiana)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)	Senior Strength 10:15-11:00 AM Amanda C (Community)	Vinyasa Yoga 11:00-12:00 PM Elda S (Bucks)
*Y Wellness My Way: Cardio 9:30-10:00 AM Jen G (Bucks)	SilverSneakers® Classic 10:00-10:45 AM Kate B (Valley Points)	*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)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)		Visit our website: ywellness247.org
Circuit Rush 9:30-10:15 AM Marianna B (N Middlesex)	Core & More 10:15-10:45 AM Kristen L (Bucks)	Leg Day 9:30-10:15 AM Megan M (Bucks)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		
HIIT 9:30-10:15 AM Megan M (Bucks)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (York)	Gentle Yoga 10:00-10:45 AM Cori S (York)	*Y Wellness My Way: Pilates 10:30-11:00 AM Trish (Grand Rapids)		Cardio/Endurance
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	SilverSneakers® Classic 11:00-11:45 AM Erica R (Chambersburg)	*Y Wellness My Way: Pilates 10:30-11:00 AM Trish (Grand Rapids)	SilverSneakers® Circuit 10:00-10:45 AM Analiza M (Valley Points)	Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)		Strength/Bodywork
Sunrise Yoga 9:30-10:15 AM Renee S (Reading Berks)	SilverSneakers® Yoga 11:15-12:00 PM Analiza M (Valley Points)	Pilates 10:30-11:15 AM Andrea B (Bucks)	Tai Chi 10:00-11:00 AM Cindy S (N Middlesex)			Dance
SilverSneakers® Circuit 10:00-10:45 AM Kate B (Valley Points)	Low Impact Aerobics 11:30-12:15 PM Betsy B (Bucks)	Power Flow Yoga 11:00-11:45 AM Jennifer L (North Shore)	Core & More 10:15-10:45 AM Nicole S (Bucks)			Mind/Body
Slow Flow Yoga 10:00-10:45 AM Cori S (York)	Let's Get Going! 11:45-12:45 PM Kitch C (N Middlesex)	Stretch & Balance 11:00-11:45 AM Megan M (Bucks)	Chest & Back 10:30-11:15 AM Megan M (Bucks)			Seniors/Adapted
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)			Kids/Family
*Y Wellness My Way: Pilates 10:30-11:00 AM Tricia S (Bucks)	Zumba® Burst 12:00-12:30 PM Nikki S (Community)		SilverSneakers® Classic 11:00-11:45 AM Erica R (Chambersburg)			
Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)	Better Balance 12:45-1:30 PM Amanda C (Community)		SilverSneakers® Yoga 11:15-12:00 PM Analiza M (Valley Points)			
			Zumba Gold® 11:30-12:15 PM Amanda C (Community)			
			NOTE Thursday classes continued on Page 2			
					<p>*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.</p> <p>Y Wellness My Way classes can be found in the "Live" section below Categories & Zones</p>	

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.

DAYTIME CLASSES (continued)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			HIIT 12:00-12:30 PM Andrea B (Bucks)			
			Gentle Yoga 12:45-1:30 PM Amanda C (Community)			
			Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)			
			TRX® Remix 3:30-4:30 PM Jeff R (Dow Bay)			

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Tabata Training 4:30-5:00 PM Alicia L (Gr Waterbury)	Zumba® 4:00-4:45 PM Kaitlyn N (Wallingford)	Bootcamp 5:00-5:45 PM Alex G (North Shore)	Cardio HIIT 4:30-5:00 PM Catrina A (Wallingford)	Mindfulness for Well-being and Stress 5:30-6:30 PM Curt W (Community)		Cardio/Endurance
Core Cardio & More 4:30-5:15 PM Catrina A (Wallingford)	Tread & Shred 4:30-5:30 PM Catrina A (Wallingford)	MixedFit® 5:30-6:00 PM ZaKia W (Rappahannock)	Zumba® 5:00-5:45 PM Elena M (Bucks)	Zumba® Kids 6:00-6:30 PM Elena M (Bucks)		Strength/Bodywork
Family Cooking 5:00-5:30 PM Sara L (Bucks)	Pilates 5:00-5:45 PM Jen P (Gr Waterbury)	Barre 5:45-6:30 PM Jen P (Gr Waterbury)	On the Ball 6:00-7:00 PM Christine B (Dow Bay)	Zumba® 6:00-7:00 PM Joi H (Reading Berks)		Dance
Muscle Conditioning 5:00-5:45 PM Lee B (North Shore)	PiYo® 5:00-6:00 PM Nancy M (Community)	Red Hot Dance Fitness™ 6:00-7:00 PM Pam K (Community)	Dance Party 6:15-7:00 PM Jenni F (Wallingford)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Mind/Body
RUMBLE 5:30-6:10 PM Erika H (York)	Strictly Strength 5:15-6:00 PM Cassie C (North Shore)	BollyX® 6:15-7:00 PM Gina G (Bucks)	*Y Wellness My Way: Strength 7:30-8:00 PM Jamie B (Bucks)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)		Seniors/Adapted
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	Core & More 5:30-6:15 PM Paige N (York)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)				Kids/Family
RUMBLE 6:30-7:10 PM Erika H (York)	PIIT28® 5:30-6:15 PM Steph B (Bucks)					
Barre Strength 6:30-7:15 PM Amanda C (Community)	Cardio HIIT 6:30-7:15 PM Kerri O (North Shore)					
Visit our website: ywellness247.org	Kickboxing 6:30-7:15 PM Jamie B (Bucks)					
	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)					
	*Y Wellness My Way: Kickboxing 7:30-8:00 PM Jamie B (Bucks)					
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