



Y Wellness My Way						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Y Wellness My Way: Yoga Steph 6:00 - 6:30AM			No Classes
Y Wellness My Way: Cardio Heather 9:30 - 10:00pm	Y Wellness My Way: Seated Strength Megan 9:30 - 10AM	Y Wellness My Way: Cardio Andrea 9:30 - 10:00pm	Y Wellness My Way: Seated Strength Megan 9:30 - 10:00AM		Y Wellness My Way: Pilates Tricia 8:30 - 9:00am	
Y Wellness My Way: Pilates Tricia 10:30 - 11:00AM						
Y Wellness My Way: Kickboxing Jamie 7:00 - 7:30PM		Y Wellness My Way: Strength Jamie 7:00 - 7:30PM				

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.