

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)	HIIT 6:30-7:00 AM Carolyn F (Bucks)	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)	Silver&Fit® Balance 9:00-9:45 AM Sherri J (Indiana)	Tabata 6:00-7:00 AM Susan K (Grove City)	*Y Wellness My Way: Yoga 6:00-6:30 AM Steph B (Bucks)	Barre Bootcamp 7:15-8:00 AM Heather M (North Shore)	20x3 (Cardio/Strength) 8:15-9:15 AM Kate P (Valley Shore)	Zumba® 9:00-10:00 AM Jenni F (Wallingford)
Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Pilates 9:15-10:00 AM Ryan L (North Shore)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Strictly Strength 7:15-8:00 AM Cassie C (North Shore)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	*Y Wellness My Way: Barre 8:30-9:00 AM Tricia S (Bucks)	Barre 9:30-10:10 AM Melissa B (Valley Shore)
Pilates 8:30-9:15 AM Vicki C (Bucks)	Total Body Barbell 9:15-10:00 AM Kristen L (Bucks)	Breath Yoga 8:30-9:15 AM Peggy H (Mon Valley)	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)	Cardio KickFit 9:30-10:15 AM Nicole S (Bucks)
Cardio HIIT 9:00-9:45 AM Laurie-Sue R (North Shore)	*Y Wellness My Way: Seated Strength 9:30-10:00 AM Megan M (Bucks)	Cardio Strength Fusion 8:30-9:15 AM Lisa G (North Shore)	Total Body Conditioning 8:30-9:15 AM Jessica H (North Shore)	SilverSneakers® Yoga 8:45-9:30 AM Lynda W (Franklin)	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)	Chair Yoga 9:30-10:15 AM Jessica B (Gr Valley)	Gentle Yoga 9:00-9:45 AM Cathy S (Bucks)	MITT 8:45-9:30 AM Bea J.B. (Laurel)	Super Seniors Cardio 9:00-9:45 AM Sherri J (Indiana)	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)	Core & More 10:15-10:45 AM Kristen L (Bucks)	Interval Strength Training 7:00-8:00 AM Erica R (Chambersburg)	Chair Yoga 9:00-9:45 AM Jessica R (Lancaster)	Barre 9:00-9:50 AM Jen P (Gr Waterbury)	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 Heather B (Bucks)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Interval Training 9:30-10:15 AM Carrene W (Bucks)	SilverSneakers® Circuit 9:00-9:45 AM Marlene W (Indiana)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)		
Chair Yoga 9:30-10:15 AM Cathy S (Bucks)	Low Impact Aerobics 11:30-12:15 PM Betsy B (Bucks)	*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)		
Circuit Rush 9:30-10:15 AM Marianna B (N Middlesex)	Let's Get Going! 11:30-12:30 PM Kitch C (N Middlesex)	Leg Day 9:30-10:15 AM Megan M (Bucks)	SparBarre 12:00-12:45 PM Rhannon G (North Shore)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		
HIIT 9:30-10:15 AM Megan M (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Cycle 9:45-10:15 AM Rhannon G (North Shore)	Total Body Barbell 9:30-10:15 AM Renee S (Reading Berks)	Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)		Cardio/Endurance
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	Zumba® Burst 12:00-12:30 PM Nikki S (Community)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (York)	Tai Chi/QiGong 9:30-10:30 AM Curt W (Community)			Strength/Bodywork
Sunrise Yoga 9:30-10:15 AM Renee S (Reading Berks)	Better Balance 12:45-1:30 PM Amanda C (Community)	Pilates 10:30-11:15 AM Andrea B (Bucks)	Gentle Yoga 10:00-10:45 AM Cori S (York)			Dance
Slow Flow Yoga 10:00-10:45 AM Cori S (York)		Power Flow Yoga 11:00-11:45 AM Jennifer L (North Shore)	Tai Chi 10:00-11:00 AM Cindy S (N Middlesex)			Mind/Body
Ab Blast! 10:30-11:00 AM Jen G (Bucks)		Stretch & Balance 11:00-11:45 AM Megan M (Bucks)	Core & More 10:15-10:45 AM Nicole S (Bucks)			Seniors/Adapted
*Y Wellness My Way: Pilates 10:30-11:00 AM Tricia S (Bucks)		Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	Chest & Back 10:30-11:15 AM Megan M (Bucks)			Kids/Family
Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)		AOA Cardio & Stretch 12:00-12:45 PM Jamie C (York)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)			
Cycle 12:00-12:30 PM Rhannon G (North Shore)		Back 'n Balance 12:00-12:45 PM Joyce P (Laurel)	Chair Exercise 11:30-12:15 PM Peggy H (Mon Valley)		*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. Y Wellness My Way classes can be found in the "Live" section below Categories & Zones	
		Zumba Gold® 12:00-12:45 PM Melinda B (Bucks)	Low Impact Aerobics 11:30-12:15 PM Cathy M (Bucks)			
			NOTE Thursday classes continued on Page 2			

DAYTIME CLASSES (continued)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Zumba Gold® 11:30-12:15 PM Amanda C (Community)			
			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)			

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body Tabata Training 4:30-5:00 PM Alicia L (Gr Waterbury)	Zumba® 7:00-7:45 PM Kaitlyn N (Wallingford)	30 Min Cardio Burn 4:30-5:00 PM Alicia L (Gr Waterbury)	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)	Bootcamp 5:00-5:45 PM Alex G (North Shore)	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)	Core Express 5:30-6:00 PM Cassie C (North Shore)	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)	On the Ball 6:00-7:00 PM Christine B (Dow Bay)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Mind/Body
RUMBLE 5:30-6:10 PM Erika H (York)	Core & More 5:30-6:15 PM Paige N (York)	BollyX® 6:15-7:00 PM Gina G (Bucks)	Vinyasa Yoga 6:00-7:00 PM Colleen W (North Shore)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)		Seniors/Adapted
Interval Strength Training 5:30-6:15 PM Jamie B (Bucks)	PIIT28® 5:30-6:15 PM Steph B (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)	Zumba® 6:15-7:00 PM Jenni F (Wallingford)			Kids/Family
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	Strength & Sculpt 5:30-6:15 PM Andrea B (Bucks)	*Y Wellness My Way: Strength 7:00-7:30 PM Jamie B (Bucks)				
RUMBLE 6:30-7:10 PM Erika H (York)	Cardio HIIT 6:30-7:15 PM Kerri O (North Shore)					
Barre Strength 6:30-7:15 PM Amanda C (Community)	Kickboxing 6:30-7:15 PM Jamie B (Bucks)					
*Y Wellness My Way: Kickboxing 7:00-7:30 PM Jamie B (Bucks)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)					

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