

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)	Barre Bootcamp 5:30-6:15 AM Heather M (North Shore)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	Cardio KickFit 9:30-10:15 AM Nicole S (Bucks)
Interval Strength Training 7:00-8:00 AM Erica R (Chambersburg)	Total Body Conditioning 8:30-9:00 AM Donna M (North Shore)	Tabata 6:00-7:00 AM Susan K (Grove City)	*Y Wellness My Way: Yoga 6:00-6:30 AM Steph B (Bucks)	HIIT 6:30-7:00 AM Carolyn F (Bucks)	Kickbag 8:00-9:00 AM Jan V (North Shore)	Dance Jam 9:30-10:15 AM Lisa G (North Shore)
Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Silver&Fit® Balance 9:00-9:45 AM Sherri J (Indiana)	Pilates 8:00-8:45 AM Vicki C (Bucks)	Strictly Strength 7:15-8:00 AM Cassie C (North Shore)	Total Body Barbell 8:00-8:45 AM Lorraine N (Community)	Barre Fusion 8:30-9:15 AM Tricia S (Bucks)	Core & More 10:30-11:00 AM Nicole S (Bucks)
Pilates 8:30-9:15 AM Vicki C (Bucks)	10 Minute Core 9:05-9:15 AM Donna M (North Shore)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Active Older Adults 8:00-8:45 AM Jane K (Lancaster)	POP Pilates® 8:00-8:45 AM Melinda B (Bucks)	Zumba® 9:00-9:45 AM Natalie C (Bucks)	Vinyasa Yoga 11:00-12:00 PM Elda S (Bucks)
Super Seniors 9:00-9:45 AM Sherri J (Indiana)	Pilates 9:15-10:00 AM Ryan L (North Shore)	Breath Yoga 8:30-9:15 AM Peggy H (Mon Valley)	Stretch & Balance 8:00-8:45 AM Melinda B (Bucks)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Pilates 9:30-10:15 AM Tricia 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)	Total Body Conditioning 8:30-9:15 AM Jessica H (North Shore)	Blend Pilates 8:15-9:00 AM Eileen M (North Shore)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)	
Chair Yoga 9:30-10:15 AM Cathy S (Bucks)	10 Minute Stretch 9:20-9:30 AM Donna M (North Shore)	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)	Zumba® 10:00-11:00 AM Amy C (North Shore)	
HIIT 9:30-10:15 AM Megan M (Bucks)	Chair Yoga 9:30-10:15 AM Jessica B (Gr Valley)	Yoga 9:00-9:45 AM Lorraine N (Community)	Chair Yoga 9:00-9:45 AM Jessica R (Lancaster)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)	Senior Strength 10:15-11:00 AM Amanda C (Community)	
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	*Y Wellness My Way: Seated Strength 9:30-10:00 AM Megan M (Bucks)	Cardio Strength Fusion 9:30-10:00 AM Elizabeth S (North Shore)	HIIT 9:00-9:45 AM Krista S (Lebanon)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)	*Y Wellness My Way: Barre 10:30-11:00 AM Tricia S (Bucks)	
Sunrise Yoga 9:30-10:15 AM Renee S (Reading Berks)	Core & More 10:15-10:45 AM Kristen L (Bucks)	Interval Training 9:30-10:15 AM Carrene W (Bucks)	SilverSneakers® Circuit 9:00-9:45 AM Marlene W (Indiana)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)		
Slow Flow Yoga 10:00-10:45 AM Cori S (York)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Leg Day 9:30-10:15 AM Megan M (Bucks)	Interval Strength Training 9:15-10:00 AM Carrene W (Bucks)	Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)		Cardio/Endurance
*Y Wellness My Way: Pilates 10:30-11:00 AM Tricia S (Bucks)	Low Impact Aerobics 11:30-12:15 PM Betsy B (Bucks)	Cycle 9:45-10:15 AM Vanessa L (North Shore)	*Y Wellness My Way: Seated Strength 9:30-10:00 AM Megan M (Bucks)	*Y Wellness My Way: Cardio 1:15-1:45 PM Tricia S (Bucks)		Strength/Bodywork
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	HIIT 12:00-12:30 PM Steph B (Bucks)	Core & More 10:00-10:30 AM Lorraine N (Community)	Total Body Barbell 9:30-10:15 AM Renee S (Reading Berks)			Dance
Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)	Chair Yoga 12:00-1:00 PM Ogden K (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (York)	Cycle Strength 9:30-10:15 AM Vanessa L (North Shore)			Mind/Body
Cycle 12:00-12:30 PM Rhiannon G (North Shore)	Zumba® Burst 12:00-12:30 PM Nikki S (Community)	Pilates 10:30-11:15 AM Andrea B (Bucks)	SilverSneakers® Circuit 10:00-10:45 AM Krista S (Lebanon)			Seniors/Adapted
	Better Balance 12:45-1:30 PM Amanda C (Community)	Power Flow Yoga 11:00-11:45 AM Jenny L (North Shore)	Gentle Yoga 10:00-10:45 AM Cori S (York)			Kids/Family
		Stretch & Balance 11:00-11:45 AM Megan M (Bucks)	Core & More 10:15-10:45 AM Nicole S (Bucks)			
		Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	Low Impact Cardio 10:15-11:00 AM Lorraine N (Community)			
		AOA Cardio & Stretch 12:00-12:45 PM Jamie C (York)	Chest & Back 10:30-11:15 AM Megan M (Bucks)			
		Back 'n Balance 12:00-12:45 PM Joyce P (Laurel)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)			
						*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.

DAYTIME CLASSES (continued)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Zumba Gold® 12:00-12:45 PM Melinda B (Bucks)	Zumba Gold® 11:30-12:15 PM Amanda C (Community)			
		SparBarre 12:00-12:45 PM Rhiannon G (North Shore)	Chair Exercise 11:30-12:15 PM Peggy H (Mon Valley)			
		Vinyasa Yoga 12:45-1:45 PM Jenn R (Lancaster)	Low Impact Aerobics 11:30-12:15 PM Cathy M (Bucks)			
		*Y Wellness My Way: Cardio 1:15-1:45 PM Andrea B (Bucks)	HIIT 12:00-12:30 PM Andrea B (Bucks)			
			Chair Yoga 12:00-1:00 PM Ogden K (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
Zumba® 5:00-5:45 PM Leanne S (Bucks)	Core & More 5:30-6:15 PM Paige N (York)	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)		Cardio/Endurance
Muscle Conditioning 5:00-5:45 PM Lee B (North Shore)	PIIT28® 5:30-6:15 PM Steph B (Bucks)	Total Body Conditioning 5:30-6:15 PM Katie B (Bucks)	Core Express 5:30-6:00 PM Cassie C (North Shore)	Zumba® 6:00-7:00 PM Joi H (Reading Berks)		Strength/Bodywork
RUMBLE 5:30-6:10 PM Erika H (York)	Strength & Sculpt 5:30-6:15pm Andrea B (Bucks)	Zumba® 5:30-6:15 PM Brittany B (Twin Tiers)	Kickboxing 5:30-6:15 PM Katie B (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)		Dance
Interval Strength Training 5:30-6:15 PM Jamie B (Bucks)	Cardio HIIT 6:30-7:15 PM Kerri O (North Shore)	Red Hot Dance Fitness™ 6:00-7:00 PM Pam K (Community)	Vinyasa Yoga 6:00-7:00 PM Colleen W (North Shore)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)		Mind/Body
Cycling 5:30-6:20 PM Marnie M (Mon Valley)	Kickboxing 6:30-7:15 PM Jamie B (Bucks)	BollyX® 6:15-7:00 PM Gina G (Bucks)	Cardio Mix 6:00-7:00 PM Kristie N (Lancaster)			Seniors/Adapted
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	Gentle Yoga 7:00-7:45 PM Kelly S (Gr Valley)	Chisle 6:30-7:10 PM Marnie M (Mon Valley)	Interval Strength Training 6:30-7:15 PM Renzo C (Bucks)			Kids/Family
Core & More 6:30-7:00 PM Carolyn F (Bucks)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)	Cardio KickFit 6:30-7:15 PM Lorraine N (Community)				
RUMBLE 6:30-7:10 PM Erika H (York)		TLC Yoga 6:30-7:30 PM Terry C (Indiana)				
Barre Strength 6:30-7:15 PM Amanda C (Community)		*Y Wellness My Way: Strength 7:00-7:30 PM Jamie B (Bucks)				*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: Kickboxing 7:00-7:30 PM Jamie B (Bucks)		Vinyasa Yoga 7:00-8:00 PM Eric H (Bucks)				
Barre 7:15-8:00 PM Nicole T (Bucks)		Barre 7:15-8:00 PM Nicole T (Bucks)				