



Y@HOME+

LIVE FITNESS SCHEDULE: APRIL

Y@HOME+ is included in your YMCA membership at participating locations. Book live classes by visiting ymcahome.ca/live-schedule

Time (CT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM						Yoga	
8:15 AM	Pilates	Move Together Full Body	Core	Move Together Strength	Low Impact Cardio		
8:30 AM						ESSENTRICS	Total Body Conditioning (Encore) 45 min
9:00 AM		Strength and Stretch					
9:30 AM				Total Body Conditioning			
11:15 AM	Total Body Conditioning	Power Yoga		Yoga			
11:30 AM							
4:30 PM		Pilates (ENCORE)		Core (ENCORE)			
7:30 PM	Total Body Conditioning (ENCORE) 60 min	Yoga (ENCORE)	Power Yoga (ENCORE)	Strength & Stretch (Encore)			