



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 (ET)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						Yoga	
9:15 AM	Pilates	Move Together Full Body	Core	Move Together Strength	Low Impact Cardio		
9:30 AM						ESSETRICS	Total Body Conditioning (Encore) 45 min
10:00 AM		Strength and Stretch					
10:30 AM				Total Body Conditioning			
12:15 PM	Total Body Conditioning	Power Yoga		Yoga			
12:30 PM							
5:30 PM		Pilates (ENCORE)		Core (ENCORE)			
8:30 PM	Total Body Conditioning (ENCORE) 60 min	Yoga (ENCORE)	Power Yoga (ENCORE)	Strength & Stretch (Encore)			