



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 (NT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM						Yoga	
10:45 AM	Pilates	Move Together Full Body	Core	Move Together Strength	Low Impact Cardio		
11:00 AM						ESSENTRICS	Total Body Conditioning (Encore) 45 min
11:30 AM		Strength and Stretch					
12:00 PM				Total Body Conditioning			
1:45 PM	Total Body Conditioning	Power Yoga		Yoga			
2:00 PM							
7:00 PM		Pilates (ENCORE)		Core (ENCORE)			
10:00 PM	Total Body Conditioning (ENCORE) 60 min	Yoga (ENCORE)	Power Yoga (ENCORE)	Strength & Stretch (Encore)			