



# Y@HOME+

## LIVE FITNESS SCHEDULE: MAY

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

| Time (PT)  | Monday                                  | Tuesday                 | Wednesday           | Thursday                    | Friday            | Saturday   | Sunday                                  |
|--|---|-------------------------|---------------------|-----------------------------|-------------------|------------|---|
| 5:00 AM  |   |                         |                     |                             |                   |            |   |
| 6:15 AM  | Pilates                                 | Move Together Full Body | Core                | Yoga                        | Low Impact Cardio |            |   |
| 6:30 AM  |   |                         |                     |                             |                   | ESSENTRICS | Total Body Conditioning (Encore) 45 min |
| 7:00 AM  |   | Strength and Stretch    |                     |                             |                   |            |   |
| 7:30 AM  |   |                         |                     | Total Body Conditioning     |                   |            |   |
| 9:15 AM  | Total Body Conditioning                 | Power Yoga              |                     |                             |                   |            |   |
| 9:30 AM  |   |                         |                     |                             |                   |            |   |
| 2:30 PM  |   | Pilates (ENCORE)        |                     | Core (ENCORE)               |                   |            |   |
| 5:30 PM  | Total Body Conditioning (ENCORE) 60 min | Yoga (ENCORE)           | Power Yoga (ENCORE) | Strength & Stretch (Encore) |                   |            |   |
| * We will be onboarding new Instructors in May and June and this schedule will be subject to change. Please continue to check back frequently as the schedule is updated |   |                         |                     |                             |                   |            |   |