



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

Time (AT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM							
10:15 AM	Pilates	Move Together Full Body	Core	Yoga	Low Impact Cardio		
10:30 AM						ESSENTRICS	Total Body Conditioning (Encore) 45 min
11:00 AM		Strength and Stretch					
11:30 AM				Total Body Conditioning			
1:15 PM	Total Body Conditioning	Power Yoga					
1:30 PM							
6:30 PM		Pilates (ENCORE)		Core (ENCORE)			
9:30 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							