



# 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 (ET)  | Monday                                  | Tuesday                 | Wednesday           | Thursday                    | Friday            | Saturday  | Sunday                                  |
|--|---|-------------------------|---------------------|-----------------------------|-------------------|-----------|---|
| 8:00 AM  |   |                         |                     |                             |                   |           |   |
| 9:15 AM  | Pilates                                 | Move Together Full Body | Core                | Yoga                        | 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              |                     |                             |                   |           |   |
| 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) |                   |           |   |
| * 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 |   |                         |                     |                             |                   |           |   |