

# LIVE AND ON-DEMAND CLASSES FOR THE WHOLE FAMILY FROM YMCAS

Cardio, Strength, Yoga, Kickboxing and More



MON

TUE

WED

THU

FRI


SAT

 10:30 - 11:00AM

**Pilates**  
with Tricia

 9:30 - 10AM

**Seated Strength**  
with Megan

 1:15 - 1:45PM

**Cardio**  
with Andrea

 6:00 - 6:30AM

**Yoga**  
with Steph

 1:15 - 1:45PM

**Cardio**  
with Tricia

 10:30 - 11:00AM

**Barre**  
with Tricia

 7:00 - 7:30PM

**Kickboxing**  
with Jamie

 7:00 - 7:30PM

**Strength**  
with Jamie

 9:30 - 10:00AM

**Seated Strength**  
with Megan

 LIVE

WE ARE PARTNERING WITH DOZENS OF YMCA'S FROM ACROSS THE COUNTRY TO BRING YOU AMAZING NEW LIVE CLASSES EVERY WEEK!

- 1** This special partnership is letting us bring you a steady stream of top notch YMCA instructors across various categories of content.
- 2** You can log-in and navigate to the "Y Wellness, My Way" weekly live class schedule to see the YMCA classes that are now free for you and your entire family.
- 3** Come back week after week to take the latest class from your favorite instructor, or try someone new each time.

Bring Burnalong to your organization by contacting your account representative or visiting: [burnalong.com/demo](https://burnalong.com/demo)

THRIVE TOGETHER