



Waynesboro Area YMCA

Group Exercise Schedule – Classes Held in Group Ex Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15a-6:15a LES MILLS BODYPUMP		5:15a-6:15a LES MILLS BODYPUMP	
					8:00-9:00am LES MILLS BODYPUMP
9:00-10:00am LES MILLS BODYPUMP	9:00-10:15am Yoga	9:00-10:00am LES MILLS BODYPUMP	9:00-10:15am Yoga	9:00-10:00am LES MILLS BODYPUMP	9:15-10:30a Yoga
10:15-11:15a SilverSneakers FITNESS Circuit	10:15-11:15a SilverSneakers FITNESS Circuit	10:15a-11:15a SilverSneakers FITNESS Circuit	10:15-11:15a SilverSneakers FITNESS Circuit		
	11:15am-12:15p SilverSneakers FITNESS Yoga		11:15a-12:15p SilverSneakers FITNESS Yoga		
	4:30-5:30p LES MILLS BODYPUMP		4:30-5:30p LES MILLS BODYPUMP		
6:00-7:00pp LES MILLS BODYPUMP	6-6:30p Pilates Core	6:00-7:00p LES MILLS BODYPUMP	6:00p-6:45p LES MILLS BODYATTACK		
7:00-7:45p LES MILLS BODYCOMBAT	6:30-7:30p Yoga		6:45-7:45p Yoga		

Small Group Training (Community Room) and Spin Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6a-6:45a Spin Intervals		5:15a-6a Spin Intervals		8-9a Peak Performance Bootcamp
	9:30-10:15a Spin Intervals		9:30-10:15a Spin Intervals		9-10a Spin
10:15-11:15a POUND HEAVY WEIGHT	10:15-11:15a Triple Threat 	10:15-11:15a POUND HEAVY WEIGHT	10:15-11:15a Triple Threat 		
5:00-6:00p Spin		5:30p-6:15p** POUND HEAVY WEIGHT	5:30-6:30p Peak Performance Bootcamp		
	6:30-7:15p Spin Intervals	**starting Nov 13	6:30-7:30** ZUMBA		

*Shaded classes require registration. All classes are for ages 13 & older.