



Waynesboro Area YMCA Group Exercise Schedule Spring 2021

Group Ex Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a-6:15a 		5:15a-6:15a 			
8:45-9:30a 	8:45-9:45a Yoga	8:45-9:30a 	8:45-9:45a Yoga		8:00a-8:55a
9:30-10:30a 	9:50-10:35a SilverSneakers Circuit		9:50-10:35a SilverSneakers Circuit		
	10:40-11:25 SilverSneakers Classic		10:40-11:25 SilverSneakers Classic		
	11:30a-12:15p SilverSneakers Yoga		11:30a-12:15p SilverSneakers Yoga		
	5:45-6:15p Bars & Bands		5:30-6:30 		
6:00-6:55p 	6:30-7:30p Yoga	6:00-6:55p 	6:30-7:30 Yoga		
7p-7:45pm Cardio & Core					

Virtual YMCA (available on the Waynesboro YMCA Group Fitness Facebook page)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Link available 6pm 	

YMCA Indoor Cycling (limit 10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-5:45a Spin		5:15-6a Spin		
	6:30 - 7:30p Spin				