



# Waynesboro Area YMCA Group Exercise Schedule Thanksgiving 2021

## Group Ex Room

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

## YMCA Indoor Cycling (limit 10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15a SPIN (tentative)				
				9am SPIN (tentative)	