



# Waynesboro Area YMCA

## Group Exercise Schedule Spring 2022

Effective April 4, 2022

### 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 Cardio Step (begins 4/06)	8:45-9:45a Yoga		8:00a-8:55a 
9:30-10:30a 	9:50-10:35a SilverSneakers Circuit	9:30-10:30 	9:50-10:35a SilverSneakers Circuit		9a-9:30a Stretch & Relax 
	10:40-11:25 SilverSneakers Classic		10:40-11:25 SilverSneakers Classic		
	11:30a-12:15p SilverSneakers Yoga		11:30a-12:15p SilverSneakers Yoga		
	5:30-6:15 		5:30-6:30 		
6:00-6:55p 	6:30-7:30p Yoga	6:00-6:55p 	6:30-7:30 Yoga		

### YMCA Indoor Cycling (limit 10)

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