



Waynesboro Area YMCA

Group Exercise Schedule FALL/ WINTER 2023

Group Ex Room

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

YMCA Indoor Cycling (limit 10)

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