



Waynesboro Area YMCA Group Exercise Schedule SPRING 2024

Group Ex Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45-9:30a Step and Groove	8:45-9:45a Power Yoga	8:45-9:30a Step and Groove	8:45-9:45a Power Yoga	8:45-9:45a Body Balance	8:00a-8:55a
9:30-10:30a 	9:50-10:35a Circuit	9:30-10:30 	9:50-10:35a Circuit	9:50-10:50a BUTTS & GUTS	9:15-10:15a
11:00-1 : Classic	10:40-11:25 Classic	11:00- : Classic	10:40-11:25 Classic		10:30-11:30a QIGONG- *NEW*
	11:30a-12:15p Yoga		11:30a-12:15p Yoga		
			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 AND 9:30-10:30a		
	6:00-7:00p Spin		Spin *New time added*		