



# Waynesboro Area YMCA Group Exercise Schedule FALL 2024

## Group Ex Room 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15a Yoga		5:15-6:15a Yoga		5:15-6:15a Yoga	
8:45-9:30a <b>Step and Groove</b>	8:45-9:45a <b>Power Yoga</b>	8:45-9:30a <b>Step and Groove</b>	8:45-9:45a <b>Power Yoga</b>	8:45-9:45a <b>Body Balance</b>	
10:30-11:00a 			10:00-10:30a 	9:50-10:50a <b>BUTTS &amp; GUTS</b>	9:00-10:00a 
		3:30-4:15p *TEEN* 	10:30-11:00a <b>Movement Fusion</b>		10:00-11:00a <b>QIGONG</b>
		4:30-5:15p 	11:00-11:30a <b>Little Movers*</b>		
5:45-6:45p 	5:30-6:00p 	5:30-6:00p <b>Movement Fusion</b>			
	6:30-7:30p <b>Yoga</b>		6:30-7:30 <b>Yoga</b>		

## YMCA Indoor Cycling (limit 10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:15a Spin		5:15-6:15a <b>AND</b> 9:00-10:00a		
	6:00-7:00p Spin		Spin		