



Waynesboro Area YMCA Group Exercise Schedule SUMMER 2025

Group Ex Room 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15a 					
9:30-10:30a 		9:30-10:30a 			8:00a-9:00a 
11:00-11:45a 	9:50-10:35a  Circuit		9:50-10:35a  Circuit		
	10:40-11:25a  Classic	11:00-11:45a  Classic	10:40-11:25a  Classic		
	11:30a-12:15p  Yoga		11:30a-12:15p  Yoga		
6:00-6:55p 		6:00-7:00p 			kb6102025