



# Waynesboro Area YMCA

## Group Exercise Schedule SUMMER/FALL 2025

### \*CHANGES/ADDITIONS START DATES\*

| Monday                                                                                                                               | Tuesday                                                                                                                          | Wednesday                                                                                                                            | Thursday                                                                                                                         | Friday                                   | Saturday                     |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------------------|
| Starting 8/11<br>NEW TIME<br>YOGA<br>5:00-6:00a                                                                                      | CYCLE<br>5:15-6:15a<br>                         | YOGA<br>5:00-6:00a                                                                                                                   | CYCLE<br>5:15-6:15a<br>                         | YOGA<br>5:00-6:00a                       | GROUP<br>POWER<br>8:00-9:00a |
| GROUP POWER<br>5:15-6:15a                                                                                                            | POWER YOGA<br>8:45-9:45a                                                                                                         | Starting 8/27<br>GROUP POWER<br>5:15-6:15a                                                                                           | POWER YOGA<br>8:45-9:45a                                                                                                         | INSTRUCTIONAL<br>YOGA<br>8:45-9:45a      | ZUMBA<br>9:00-10:00a         |
| STEP & GROOVE<br>8:45-9:30a                                                                                                          | Starting 9/23<br>SIMPLE CYCLE<br>9:00-9:45a<br> | STEP & GROOVE<br>8:45-9:30a                                                                                                          | Starting 9/25<br>SIMPLE CYCLE<br>9:00-9:45a<br> | Starting 9/5<br>GROUP POWER<br>8:45-9:45 | QIGONG<br>10:00-11:00        |
| GROUP POWER<br>9:30-10:30a                                                                                                           | ZUMBA<br>9:50-10:50a                                                                                                             | GROUP POWER<br>9:30-10:30a                                                                                                           |                                                                                                                                  | STEP & CORE<br>10:00-11:00               |                              |
| Starting 9/8<br>SILVER<br>SNEAKERS YOGA<br>9:45-10:30a                                                                               | SILVER<br>SNEAKERS<br>CIRCUIT<br>9:50-10:35a                                                                                     | Starting 9/10<br>SILVER<br>SNEAKERS YOGA<br>9:45-10:30a                                                                              | SILVER<br>SNEAKERS<br>CIRCUIT<br>9:50-10:35a                                                                                     |                                          |                              |
| SILVER<br>SNEAKERS<br>CLASSIC<br>11:00-11:45a                                                                                        | SILVER<br>SNEAKERS<br>CLASSIC<br>10:40-11:25a                                                                                    | SILVER<br>SNEAKERS<br>CLASSIC<br>11:00-11:45a                                                                                        | SILVER<br>SNEAKERS<br>CLASSIC<br>10:40-11:25a                                                                                    |                                          |                              |
| Starting 9/22<br>SENIOR CYCLE<br>12:00-12:45p<br> | SILVER<br>SNEAKERS YOGA<br>11:30-12:15p                                                                                          | Starting 9/24<br>SENIOR CYCLE<br>12:00-12:45p<br> | SILVER<br>SNEAKERS YOGA<br>11:30-12:15p                                                                                          |                                          |                              |
| Starting 9/22<br>STEP & SWEAT<br>5:15-5:45p                                                                                          | Starting 9/15<br>EMPOWER&RESTORE<br>5:15-6:15p                                                                                   | Starting 9/24<br>STEP & SWEAT<br>5:15-5:45p                                                                                          | COMING SOON<br>TBA<br>GROUP POWER<br>6:00-7:00p                                                                                  |                                          |                              |
| GROUP POWER<br>6:00-7:00p                                                                                                            | CYCLE<br>6:00-7:00p<br>                       | GROUP POWER<br>6:00-7:00p                                                                                                            | YOGA<br>6:30-7:30p                                                                                                               |                                          |                              |
| QIGONG<br>6:30-7:30p                                                                                                                 | YOGA<br>6:30-7:30p                                                                                                               |                                                                                                                                      |                                                                                                                                  |                                          |                              |

8-6-2025

**ROOM 1 ROOM 2 INDOOR CYCLE STUDIO**



# Waynesboro Area YMCA

## Group Exercise Schedule SUMMER/FALL 2025

### CLASS DESCRIPTIONS

**GROUP POWER** -Blast all your muscles with this hour long, high-rep weight training workout. Using an adjustable barbell, weight plates, and bodyweight, Group Power combines squats, lunges, curls and presses with a variety of functional integrated exercises.

**STEP & GROOVE / STEP & SWEAT/ STEP & CORE**- Add some fun to your workout! STEP, SWEAT, & GROOVE By utilizing the step for leg and cardio endurance, and fun dance moves with low and high impact options, you'll step, sweat and groove your way to improved fitness! Step & Groove is 45 mins, Step & Core is 30 mins of step/30 mins of core work, and Step & Sweat is a quick 30 mins of jam packed cardio!

**YOGA** -Yoga can assist in managing stress and illness, increasing flexibility, and promoting relaxation. Our instructors give options and modifications to meet the needs of new health seekers and experienced yogis.

**INSTRUCTIONAL YOGA** -A combination of stretch and balance increasing a functional life-style. You'll experience flexibility, balance and core strength.

**ZUMBA** -Combining Latin and international music and dance to create a dynamic calorie-burning form of workout. This class features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.

**QIGONG "Chee Gong"** -Practice of slow, repetitive movements coordinated with breath and meditation, to open energy pathways. The practice is beneficial for people of all ages. It can be done standing up or sitting.

**CYCLE** -Choose the classic hour-long ride, or challenge yourself with shorter, more intense interval training! Spin is low-impact calorie scorching cardio for all levels. Class size is limited.

**SENIOR CYCLE \*NEW\*** -This 45 minute low impact spin class caters to the senior population or anyone who is a beginner rider! Ride through the decades while working on your cardio! Class size is limited.

**SIMPLE CYCLE \*NEW\*** -Keeping it simple with this short 45-minute ride! CHOOSE your level of intensity and ride along to some great music!

**SILVER SNEAKERS CLASSIC**-Chair exercise class that allows participants to work on basic strengthening exercises from the seated position. The focus is on strengthening muscles and increasing the range of motion without impact or overexertion.

**SILVER SNEAKERS CIRCUIT**-Similar to the classic class, with the option for more vigorous movement. Participants should be able to stand for 45 minutes.

**SILVER SNEAKERS YOGA**-Silver Sneakers Yoga will move your whole body through a series of seated and standing poses with chair support as needed. Restorative breathing exercises will promote relaxation while a variety of poses increase flexibility, balance, and range of motion.

