






# Waynesboro Area YMCA

## Group Exercise Schedule WINTER 2026

BEGINS January 5<sup>th</sup> 2026

### ROOM 1 ROOM 2 INDOOR CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA 5:00-6:00a	YOGA 5:00-6:00a	YOGA 5:00-6:00a	YOGA 5:00-6:00a	YOGA 5:00-6:00a	GROUP POWER 8:00-9:00a
GROUP POWER 5:15-6:15a	POWER YOGA 8:45-9:45a	GROUP POWER 5:15-6:15a	POWER YOGA 8:45-9:45a	INSTRUCTIONAL YOGA 8:45-9:45a	ZUMBA 9:00-10:00
STEP & GROOVE 8:45-9:30a	SIMPLE CYCLE 9:00-9:45a 	STEP & GROOVE 8:45-9:30a	SILVER SNEAKERS CIRCUIT 9:50-10:35a	GROUP POWER 8:45-9:45	SIMPLE CYCLE 9:15-10:00 
GROUP POWER 9:30-10:30a	ZUMBA 9:50-10:50a	GROUP POWER 9:30-10:30a		STEP & CORE 10:00-11:00	QIGONG 10:00-11:00
SILVER SNEAKERS YOGA 9:45-10:30a	SILVER SNEAKERS CIRCUIT 9:50-10:35a	SILVER SNEAKERS YOGA 9:45-10:30a	SILVER SNEAKERS CLASSIC 10:40-11:25a		
SILVER SNEAKERS CLASSIC 11:00-11:45a	SILVER SNEAKERS CLASSIC 10:40-11:25a	SILVER SNEAKERS CLASSIC 11:00-11:45a	SILVER SNEAKERS YOGA 11:30-12:15p		
	SILVER SNEAKERS YOGA 11:30-12:15p				
GROUP POWER 6:00-7:00p	CYCLE 6:00-7:00p 	GROUP POWER 6:00-7:00p	YOGA 6:30-7:30p		
QIGONG 6:30-7:30p	YOGA 6:30-7:30p				

MOSSA ON DEMAND VIRTUAL GROUP RIDE IS AVAILABLE MONDAY-FRIDAY 515-615am  
(See back for operating instructions)





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### MOSSA ON DEMAND GROUP RIDE ACCESS

- Power on the TV with remote
- Open the laptop computer and log in using the password located by the keyboard/screen (WYMCA-LT04)
- Push top right button on remote to change the TV input to HDMI 1
- The laptop screen will be on the TV
- Using the mouse pad scroll through the MOSSA website/catalog to choose which ride you want to do. The MOSSA website should already be up. If not, it can be found under bookmarks or [www.mossaondemand.net](http://www.mossaondemand.net)
- For sound, make sure the Bluetooth on the laptop is connected to the speaker- bottom left corner of laptop screen click the arrow. Bluetooth icon will pop up. Click it, click add device and it should say “Esinkin BT Adapter” ...click connect if it is not already connected

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