



Waynesboro Area YMCA Group Exercise Schedule SPRING 2026



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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	SILVER SNEAKERS CIRCUIT 9:50-10:35a	STEP & GROOVE 8:45-9:30a	SILVER SNEAKERS CIRCUIT 9:50-10:35a	GROUP POWER 8:45-9:45	CYCLE 9:30-10:15
GROUP POWER 9:30-10:30a	SILVER SNEAKERS CLASSIC 10:40-11:25a	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 YOGA 11:30-12:15p	SILVER SNEAKERS YOGA 9:45-10:30a	SILVER SNEAKERS CLASSIC 10:40-11:25a		
SILVER SNEAKERS CLASSIC 11:00-11:45a		SILVER SNEAKERS CLASSIC 11:00-11:45a	SILVER SNEAKERS YOGA 11:30-12:15p		
	CYCLE 6:00-7:00p				
	YOGA 6:30-7:30p				
GROUP POWER 6:00-7:00p		GROUP POWER 6:00-7:00p	YOGA 6:30-7:30p		
QIGONG 6:30-7:30p					

ROOM 1 ROOM 2

KB3142026

MOSSA ON DEMAND VIRTUAL GROUP RIDE & POWER (available when room 2 is not in use)



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(See back for operating instructions)



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MOSSA ON DEMAND GROUP RIDE ACCESS

- Power on TV with remote
- Open laptop and log on using password WYMCA-LT04
- Push top right button on remote to change input to HDMI1
- Laptop screen should now be on the TV
- Using mousepad on laptop choose "mossa group power" or "mossa group ride" icon on the home screen
- Browse through the options and choose which video to stream
- For sound use the TV remote to adjust volume