



# Group Fitness Schedule

## Waynesboro Family YMCA

SEPTEMBER 2023

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL

**NEW CLASS ALERT**

**FRIDAYS  
8:15-9 AM**

**CARDIO STRENGTH  
WITH  
BERKELEY**

Sun	Monday	Tuesday	Wednesday	Thursday	1 Friday	2 Saturday
					6-6:45 <b>BootCamp</b> 8:15-9 <b>Cardio Strength</b> 9:15-10:15 <b>Gentle Yoga Z</b>	9-10 <b>Tai Chi P</b> 10:15-10:30 <b>Beginners</b> <b>Step Intro</b> 10:30-11:15 <b>Step</b> <b>Aerobics</b>
<b>3</b>	<b>4</b>  <b>CLOSED TODAY FOR LABOR DAY</b>	<b>5</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Muscle Mania</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 3:45-4:15 <b>Tap Dance P</b>	<b>6</b> 6-6:45 <b>BootCamp</b> 8:30-9:15 <b>Spin</b> 9:15-10 <b>Pound</b> 10:15-11:15 <b>Strength Circuits</b> 10-11 <b>Balance/Stability P</b> 4-5:15 <b>Ballet P</b> 6:15-7:15 <b>Step Aerobics</b>	<b>7</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Cardio Sculpt</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 5-6 <b>Flexibility Training P</b> 7:30-9 <b>Martial Arts P</b>	<b>8</b> 6-6:45 <b>BootCamp</b> 8:15-9 <b>Cardio Strength</b> 9:15-10:15 <b>Gentle Yoga Z</b>	<b>9</b> 10:15-10:30 <b>Beginners</b> <b>Step Intro</b> 10:30-11:15 <b>Step</b> <b>Aerobics</b>
<b>10</b>	<b>11</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Zumba</b> 11:30-12:30 <b>Gentle Conditioning</b> 6:15-7:15 <b>Abs/Core</b> 7:30-9 <b>Martial Arts P</b>	<b>12</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Muscle Mania</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 3:45-5:45 <b>Tap Dance P</b>	<b>13</b> 6-6:45 <b>BootCamp</b> 8:30-9:15 <b>Spin</b> 9:15-10 <b>Pound</b> 10:15-11:15 <b>Strength Circuits</b> 10-11 <b>Balance/Stability P</b> 4-5:15 <b>Ballet P</b> 6:15-7:15 <b>Step Aerobics</b>	<b>14</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Cardio Sculpt</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 5-6 <b>Flexibility Training P</b> 7:30-9 <b>Martial Arts P</b>	<b>15</b> 6-6:45 <b>BootCamp</b> 8:15-9 <b>Cardio Strength</b> 9:15-10:15 <b>Gentle Yoga Z</b>	<b>16</b> 10:15-10:30 <b>Beginners</b> <b>Step Intro</b> 10:30-11:15 <b>Step</b> <b>Aerobics</b>
<b>17</b>	<b>18</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Zumba</b> 11:30-12:30 <b>Gentle Conditioning</b> 6:15-7:15 <b>Abs/Core</b> 7:30-9 <b>Martial Arts P</b>	<b>19</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Muscle Mania</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 3:45-5:15 <b>Tap Dance P</b>	<b>20</b> 6-6:45 <b>BootCamp</b> 8:30-9:15 <b>Spin</b> 9:15-10 <b>Pound</b> 10:15-11:15 <b>Strength Circuits</b> 10-11 <b>Balance/Stability P</b> 4-5:15 <b>Ballet P</b> 6:15-7:15 <b>Step Aerobics</b>	<b>21</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Cardio Sculpt</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 5-6 <b>Flexibility Training P</b> 7:30-9 <b>Martial Arts P</b>	<b>22</b> 6-6:45 <b>BootCamp</b> 8:15-9 <b>Cardio Strength</b> 9:15-10:15 <b>Gentle Yoga Z</b>	<b>23</b> 10:15-10:30 <b>Beginners</b> <b>Step Intro</b> 10:30-11:15 <b>Step</b> <b>Aerobics</b>
<b>24</b>	<b>25</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Zumba</b> 11:30-12:30 <b>Gentle Conditioning</b> 6:15-7:15 <b>Abs/Core</b> 7:30-9 <b>Martial Arts P</b>	<b>26</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Muscle Mania</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 3:45-5:45 <b>Tap Dance P</b>	<b>27</b> 6-6:45 <b>BootCamp</b> 8:30-9:15 <b>Spin</b> 9:15-10 <b>Pound</b> 10:15-11:15 <b>Strength Circuits</b> 10-11 <b>Balance/Stability P</b> 6:15-7:15 <b>Step Aerobics</b>	<b>28</b> 6-6:45 <b>BootCamp</b> 9:15-10:15 <b>Cardio Sculpt</b> 10:30-11:30 <b>Chair Yoga</b> 1-2 <b>Inclusive Wellness P</b> 7:30-9 <b>Martial Arts P</b>	<b>29</b> 6-6:45 <b>BootCamp</b> 8:15-9 <b>Cardio Strength</b> 9:15-10:15 <b>Gentle Yoga Z</b>	<b>30</b> 10:15-10:30 <b>Beginners</b> <b>Step Intro</b> 10:30-11:15 <b>Step</b> <b>Aerobics</b>

**Z = These classes are also offered on Zoom**

**P = Free Program for Members/Registration Required**

**P = Pre-Paid Programs and require registration**

This calendar was updated on 8/29/23