




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

Waynesboro Family YMCA
648 S Wayne Ave. Waynesboro VA 22980
540-943-9622 www.waynesboroymca.com

MARCH 2024



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8 am Classes Tues 8 Zumba Wed 8:30 Spin Thurs 8 Zumba Fri 8:30 Cardio Strength	NEW MONDAY LINE - UP 5:15-6 Barre 6:15-7:15 SPIN	ZUMBA !! Mon 9:15 am Tues. 8 am Wed 7:15 pm Thurs. 8 am & 5 pm		1 6-6:45 BootCamp 8:30-9:05 Cardio Strength 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion	2 9-10 Tai Chi P 10:15-10:30 Beginners Step Intro 10:30-11:15 Step Aerobics
3	4 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:20 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:15-7:15 SPIN 7:30-9 Martial Arts P	5 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 6-7 LIIT 7:15-8:15 Vinyasa Yoga	6 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10:15-11:15 Strength Circuits 10-11 Balance/ Stability P 4-6 Ballet & Jazz Dance P 6-7 Zumba	7 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 5-6 Zumba 6:15-7:15 Abs/Core 7:30-9 Martial Arts P	8 6-6:45 BootCamp 8:30-9:05 Cardio Strength 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion	9 9-10 Tai Chi P 10:15-10:30 Beginners Step Intro 10:30-11:15 Step Aerobics
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24 / 31	25 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:20 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:15-7:15 SPIN 7:30-9 Martial Arts P	26 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 3:30-5:50 Gymnastics P 6-7 LIIT 7:15-8:15 Vinyasa Yoga	27 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10:15-11:15 Strength Circuits 10-11 Balance/ Stability P 4-6 Ballet & Jazz Dance P 6-7 Zumba	28 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 3:30-4:45 Gymnastics P 5-6 Zumba 6:15-7:15 Abs/Core 7:30-9 Martial Arts P	29 6-6:45 BootCamp 8:30-9:05 Cardio Strength 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion	30 NO GROUP FITNESS CLASSES TODAY HAPPY EASTER HAPPY SPRING 

P = Pre-Paid Programs and require registration P = Free Program for Members/Registration Required

This calendar was updated on 2/13/24

Group Fitness Class Descriptions

Abs/Core: Group fitness class that focuses on strengthening core area, building abdominal strength, building abdominal muscles and core muscles.

Balance & Stability: Senior fitness class that focuses on easy exercises to help build bone density, muscle mass, flexibility and positive reinforcement on health. Chairs are used in this class. No impact exercises.

Barre: Exercise that blends elements of ballet, voga, strength training, and Pilates into a single, rigorous workout. It tests and builds your strength and endurance, focusing on small, isometric movements that test under-utilized muscles and lead to a great burn.

Bootcamp: This workout is a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity. Includes functional fitness, such as using whole-body, multi joint exercises that simulate movements people do in life.

Cardio Sculpt: Full body workout, targeting all major muscle groups and the cardiovascular system. It utilizes weights and body weight through a variety of resistance training movements to build strength and shed fat. It also includes short cardio intervals to get your heart pumping and increase cardiovascular fitness and burn calories.

Cardio Strength: Total body workout designed to improve cardiovascular health and muscle strength.

Chair Yoaa: A wonderful, safe, and gentle form of voga which is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is suitable for everyone. This practice helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress.

Classic Yoga: A traditional-style mat yoga class suitable for beginners with modifications offered for intermediate practice; no strenuous inversions. Class begins with light breath work and ends with a short savasana (relaxation).

Gentle Conditioning: Fitness class that focuses on easy exercises to help build bone density, muscle mass, flexibility and positive reinforcement on health. Chairs are used in this class. No impact exercises.

Gentle Yoga: A great introduction to yoga for beginners or an easier class for beginners or those who enjoy a gentler practice.

L.I.I.T.: L.I.I.T.....Low Intensity Interval Training for 30 to 40mins and the remainder of class will be abs and leg floor work. *** L.I.I.T class consists of low-impact exercises performed in intervals followed by a shorter recovery period. Constant movement by exercising then slower paced recovery periods. One cardio exercise, then one muscle exercise...back and forth until time is up. Remainder of time is on the floor.....abs/legs.

Muscle Mania: The class focuses on all major muscle groups of the upper and lower body. It utilizes weights to impact all major muscle muscles through a variety of movements and innervations. Incorporates cardio bursts throughout the workout.

Pound: Utilizing the energizing infectious fun of drumming. It uses lightly weighted "drumsticks" to transform drumming into an effective way of working out.

Spin: Build cardiovascular strength and endurance while burning calories. It offers a challenging low-impact stationary bike ride with fun energizing music. The group ride atmosphere is encouraging and keeps you motivated to come back week after week.

Step Aerobics: Step aerobics is a classic cardio workout...this "step" is a 4 inch to 12 inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. **Beginners Step Intro** class is right before the full step class. In the Intro class you will learn how to use the step equipment.

Strength Circuits: Circuit training is a fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. This will give attention to all major postural muscles and trigger a tabata like effect activating both fast and slow twitch muscle fibers.

Vinvasa Yoaa: A flowing voga class coordinating breath with steady dynamic movement, including Sun Salutations and mandala sequences (moving 360 degrees on the mat), to build strength, endurance, and flexibility

Yoga Fusion: A traditional-style mat yoga class with Pilates-style challenges blended in to build core stability and strength, increase flexibility and improve coordination and balance.

Zumba: Zumba combines Latin, International and pop music with interval dance moves that alternate fast and slow rhythms. It is "exercise in disguise"!