



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Calendar

JULY 2024

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:05-7:05 SPIN 7:30-9 Martial Arts P	2 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 6-7 LIIT	3 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P 10:15-11:15 Strength Circuits 11:30-12:30 Abs/Core 6-7 Zumba 7:15 Tre's HIIT Program P	4 CLOSED FOR THE 4TH OF JULY	5 6-6:45 BootCamp 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning	6 9-10 Tai Chi P
7	8 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:05-7:05 SPIN 7:30-9 Martial Arts P	9 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 6-7 LIIT	10 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P 10:15-11:15 Strength Circuits 11:30-12:30 Abs/Core 6-7 Zumba 7:15 Tre's HIIT Program P	11 6-6:45 BootCamp 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 7:30-9 Martial Arts P	12 6-6:45 BootCamp 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning	13
14	15 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:05-7:05 SPIN 7:30-9 Martial Arts P	16 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 6-7 LIIT	17 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P 10:15-11:15 Strength Circuits 11:30-12:30 Abs/Core 6-7 Zumba 7:15 Tre's HIIT Program P	18 6-6:45 BootCamp 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 7:30-9 Martial Arts P	19 6-6:45 BootCamp 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning	20
21	22 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:05-7:05 SPIN 7:30-9 Martial Arts P	23 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 6-7 LIIT	24 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P 10:15-11:15 Strength Circuits 11:30-12:30 Abs/Core 6-7 Zumba 7:15 Tre's HIIT Program P	25 6-6:45 BootCamp 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 7:30-9 Martial Arts P	26 6-6:45 BootCamp 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning	27
28	29 6-6:45 BootCamp 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:05-7:05 SPIN 7:30-9 Martial Arts P	30 6-6:45 BootCamp 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 6-7 LIIT	31 6-6:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P 10:15-11:15 Strength Circuits 11:30-12:30 Abs/Core 6-7 Zumba 7:15 Tre's HIIT Program P		TRE'S H.I.I.T. CIRCUIT CONDITIONING PROGRAM Registration Required	ZUMBA MON 9:15 am TUES 8 am WED 6 pm THUR 11:45 am

P = Pre-Paid Programs and require registration

P = Free Program for Members/Registration Required

This calendar was updated on 6/20/24

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.

Chair Yoga: A wonderful, safe, and gentle form of yoga 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, 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.

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.

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"!

Updated: 5/21/2024