



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Calendar

## SEPTEMBER 2024

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> <b>YMCA IS CLOSED TODAY FOR LABOR DAY</b>	<b>3</b> 5:30-6:45 OPEN STUDIO 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 5:30-6:45 OPEN STUDIO	<b>4</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P LG 10:15-11:15 Strength Circuits 11:30-12:30 Gentle Yoga 5-5:45 OPEN STUDIO 6-7 Zumba 7-8 Boxing P	<b>5</b> 5:30-6:45 OPEN STUDIO 8-9 WALKING - OPEN STUDIO 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 5-5:45 OPEN STUDIO 6-7 Gentle Yoga & Meditation 7:30-9 Martial Arts P	<b>6</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 5-8 OPEN STUDIO	<b>7</b> 9-10 Tai Chi P 11-1 OPEN STUDIO
<b>8</b>	<b>9</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 5:15-6 Barre 6:15-7:15 SPIN 7:30-9 Martial Arts P	<b>10</b> 5:30-6:45 OPEN STUDIO 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 5:30-6:45 OPEN STUDIO	<b>11</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P LG 10:15-11:15 Strength Circuits 11:30-12:30 Gentle Yoga 5-5:45 OPEN STUDIO 6-7 Zumba 7-8 Boxing P	<b>12</b> 5:30-6:45 OPEN STUDIO 8-9 WALKING - OPEN STUDIO 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 5-5:45 OPEN STUDIO 6-7 Gentle Yoga & Meditation 7:30-9 Martial Arts P	<b>13</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 5-8 OPEN STUDIO	<b>14</b> 9-10 Tai Chi P 11-1 OPEN STUDIO
<b>15</b>	<b>16</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:15-7:15 SPIN 7:30-9 Martial Arts P	<b>17</b> 5:30-6:45 OPEN STUDIO 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 5:30-6:45 OPEN STUDIO	<b>18</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8:30-9:15 OPEN STUDIO 9:15-10 Pound 10-11 Balance/Stability P LG 10:15-11:15 Strength Circuits 11:30-12:30 Gentle Yoga 5-5:45 OPEN STUDIO 6-7 Zumba 7-8 Boxing P	<b>19</b> 5:30-6:45 OPEN STUDIO 8-9 WALKING - OPEN STUDIO 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 5-5:45 OPEN STUDIO 6-7 Gentle Yoga & Meditation 7:30-9 Martial Arts P	<b>20</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning 5-8 OPEN STUDIO	<b>21</b> 9-10 Tai Chi P 11-1 OPEN STUDIO
<b>22</b>	<b>23</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:15-7:15 SPIN 7:30-9 Martial Arts P	<b>24</b> 5:30-6:45 OPEN STUDIO 8-9 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 1-2 Inclusive Wellness P 5:30-6:45 OPEN STUDIO	<b>25</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8:30-9:15 SPIN 9:15-10 Pound 10-11 Balance/Stability P LG 10:15-11:15 Strength Circuits 11:30-12:30 Gentle Yoga 5-5:45 OPEN STUDIO 6-7 Zumba 7-8 Boxing P	<b>26</b> 5:30-6:45 OPEN STUDIO 8-9 WALKING - OPEN STUDIO 9:15-10:15 Cardio Sculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba 5-5:45 OPEN STUDIO 6-7 Gentle Yoga & Meditation 7:30-9 Martial Arts P	<b>27</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning 5-8 OPEN STUDIO	<b>28</b> 9-10 Tai Chi P 11-1 OPEN STUDIO
<b>29</b>	<b>30</b> 5:30-6:45 OPEN STUDIO 7-7:45 BootCamp 8-9 WALKING - OPEN STUDIO 9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning 5:15-6 Barre 6:15-7:15 SPIN 7:30-9 Martial Arts P	<b>NEW CLASS GENTLE YOGA &amp; MEDITATION THURSDAYS 6 P.M.</b>		<b>** NEW OPTION **</b> <b>OPEN STUDIO</b> <b>Y MEMBERS ALLOWED IN THE STUDIO FOR FREE EXERCISE TIME</b>	<b>** OPEN STUDIO **</b> <b>When using the Open Studio, please enter and exit the studio at the designated times that are scheduled</b>	<b>OPEN STUDIO</b> <b>*AGE* POLICY</b> <b>16 &amp; UP</b>

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

## **Group Fitness Class Descriptions**

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

**Gentle Yoga & Meditation:** Join this Gentle Yoga class to release stress, strengthen and stretch, and to feel good all over! In this class, the instructor will lead you through floor postures, standing postures, and a guided meditation at the end to seal in all the goodness of the practice. Props are available and encouraged to be used. Beginners and those with experience will love this Gentle flow yoga class.

**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: 7/30/2024