



WAYNESBORO FAMILY YMCA

# GROUP FITNESS APRIL 2026



NATALIE'S CYCLING POP-UP!!

April 25, 2026

8:00-9:30AM

Drop-ins welcome but space is limited.

Text Kat 434 806 1186 to reserve.

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
MORNING	9:15-10:15 AM Zumba  10:30-11:30 AM Classic Yoga  11:45 AM-12:45 PM Gentle Conditioning	8:00-9:00 AM Zumba  9:15-10:15 AM Muscle Mania  10:30-11:30 AM Chair Yoga	6:00-6:55 AM MAS Workout ***  8:15-9:00 AM Barre  9:15-10:00 AM POUND  10:00-11:00 AM Balance/Stability (Lower Gym)  11:30-12:15 PM Lo Impact Floor Aerobics Virtual Class Upstairs beginning 4/8	9:15-10:15 AM CardioSculpt  10:30-11:30 AM Chair Yoga  11:45-12:30 AM Zumba (Cardio Express!)	6:00-6:55 AM MAS Workout***  9:15-10:15 AM Gentle Yoga  10:30-11:30 AM Yoga Fusion  11:45 AM-12:45 PM Gentle Conditioning	8:30-9:30 AM Boxing Conditioning For Men and Women 16+  10:00-10:55 AM Tai Chi/Qigong	<b>SPECIAL NOTICE:</b> Virtual Programming with ymca360 begins 4/8 on Wednesday mornings and 4/12 Sunday afternoons. Take a virtual class in the Fitness Studio!!!! YMCA staff will facilitate.
AFTERNOON	6:15-7:00 PM Boxing Conditioning For Men and Women 16+	4:25-5:10 PM Moderate Vinyasa Flow  5:30-6:15 PM Circuit Strength  6:15-7:15 PM Spin	4:25-5:10 PM Core Conditioning  6:00-6:55 PM Zumba with Margee	4:25-5:10 PM Moderate Vinyasa Flow  5:30-6:15 PM Circuit Strength  Thursday SPIN class will resume in May.	5:30-6:30 PM Happy Hour Yoga with Erin Cuomo		1:30-2:30 PM Muscle Pump Virtual Class Upstairs beginning 4/12
  <p>***MAS (MOVEMENT, AGILITY STRENGTH) WORKOUT! AND BOXING CONDITIONING-SATURDAYS ALERT! Drop-ins are welcome. However, to receive class notifications (including cancellations) sign up the night before at <a href="https://evite.me/SdQ7tDE5Kx">https://evite.me/SdQ7tDE5Kx</a> (MAS) <a href="https://evite.me/umvQzwbRv">https://evite.me/umvQzwbRv</a> (Boxing Conditioning SATURDAY ONLY)</p>					<p><b>Open Fitness Studio: Age 16+</b> M, T, Th (Workouts): 5:30-6:50 AM M, Th, F (Walking) 8:00-9:10 AM</p>		<p>Step Class returns in May! Text Kat with your thoughts! (434) 806-1186</p>

# GROUP FITNESS CLASS DESCRIPTIONS APRIL 2026

Balance & Stability	A senior chair class with easy exercises to build bone density, muscle mass, and flexibility. Balance skills are practiced.
Barre	A low-impact strength class that combines elements of ballet, Pilates, yoga, and strength training with moderate free weights.
Boxing Conditioning	An athletic conditioning class that utilizes boxing moves and technique to improve your cardio, strength and power.
Cardiosculpt	A full body strength training workout with short cardio bursts that utilizes weighted and bodyweight exercises.
Chair Yoga	A safe and gentle form of yoga which is practiced sitting on a chair or using a chair for support during standing poses.
Classic Yoga	A traditional-style mat yoga class for beginners; modifications offered for intermediate practice; no strenuous inversions.
Core Conditioning	A mix of standing and floor-based exercises that tone your abs, and Improve balance and total-body efficiency.
Gentle Conditioning	Strength training that is gentle on joints and paced for progress, not stress. Chairs are used in this class.
Gentle Yoga	This is a great introduction to yoga for beginners or right for those who enjoy a full, yet gentler practice.
Happy Hour Yoga	An all-levels class blends Hatha Yoga and Yoga Nidra to help you build confidence, find balance, and deepen your practice.
Low Impact Floor Aerobics	Go old school cardio with great music and traditional cardio moves like grapevine, walk it up and step touch.
MAS Early Morning Workout	Movement, Agility Strength!! Achieve your personal best with instructor expertise and group energy.
Moderate Vinyasa Flow	This is a dynamic and flowing heat-building class suitable for the physically active.
Muscle Mania	Weighted and bodyweight exercises are provided to increase strength and cardiovascular fitness.
Muscle Pump	Barbells (with dumbbells always optional) are used in this traditional prime mover workout.
Pound	With the energizing beat of drums, Pound uses lightly weighted "drumsticks" to transform drumming into an effective workout.
Spin	This class offers a challenging low-impact stationary bike ride with great music and group encouragement.
Step Aerobics (Advanced Beginner)	Dance up, down and all around the step bench to improve your cardio and physical and mental agility. Participants should be able to move with confidence on the step.
Strength Circuits	Instructor will coach participants through exercise circuits to build full body strength and cardiovascular fitness using a variety of equipment.
Tai Chi/Qigong	Gentle, flowing movements for balance, mobility, and mind-body calm.
Yoga Fusion	This is a traditional-style mat yoga class with Pilates-style challenges blended in.
Zumba	This cardio conditioning class combines Latin, international and pop music with great dance moves.

