



WAYNESBORO FAMILY YMCA

GROUP FITNESS JUNE 2026


NATALIE'S CYCLING POP-UP!!

June 13, 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 with Jessica 10:30-11:30 AM Classic Yoga with Lynne 11:45 AM-12:45 PM Gentle Conditioning with Kristi | 6:00-6:55 AM NEW Spin with Justin (Teacher certification in progress.) 8:00-9:00 AM Zumba with Lilyann 9:15-10:15 AM Muscle Mania with Natalie 10:30-11:30 AM Chair Yoga with Liza | 6:00-6:55 AM MAS Workout with Daniel *** 8:15-9:00 AM Barre with Lynne 9:15-10:00 AM POUND with Jessica 10:00-11:00 AM Balance/Stability with Kristi (Lower Gym) | 6:00-6:55 AM NEW Spin with Justin (Teacher certification in progress.) 9:15-10:15 AM CardioSculpt with Natalie 10:30-11:30 AM Chair Yoga with Liza 11:45-12:30 AM Zumba with Lilyann (Cardio Express!) | 6:00-6:55 AM MAS Workout with Daniel *** 9:15-10:15 AM Gentle Yoga with Emily 10:30-11:30 AM Yoga Fusion with Emily 11:45 AM-12:45 PM Gentle Conditioning with Kristi | 10:00-10:55 AM Tai Chi/Qigong with Bonner | |
| AFTERNOON | 6:15-7:00 PM Boxing Conditioning with Russ For Men and Women 16+ | 4:25-5:10 PM Moderate Vinyasa Flow with Emily 5:30-6:15 PM Circuit Strength with Natalie 6:15-7:15 PM Spin with Natalie | 6:00-6:55 PM Zumba with Margee | 4:25-5:10 PM Moderate Vinyasa Flow with Emily 5:30-6:15 PM Circuit Strength with Natalie 6:15-7:00 PM Spin Express with Natalie | 5:30-6:30 PM Happy Hour Yoga with Erin | *SPECIAL NOTICE* Spin Express - Thursday, June 4 & MAS Workout - Friday June 5th will not be held due to lights out for electrical upgrade | |
|  MAS Class | | ***MAS (MOVEMENT, AGILITY STRENGTH) WORKOUT Drop-ins are welcome. However, to receive class notifications (including cancellations) sign up the night before at MAS https://evite.me/SdQ7tDE5Kx | | | Open Fitness Studio: Age 16+ M. (Workouts): 5:30-6:50 AM M, F (Walking) 8:00-9:10 AM | | |

GROUP FITNESS CLASS DESCRIPTIONS JUNE 2026

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| 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. |
| 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. (Future class.) |
| 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. |
| Pound | With the energizing beat of drums, Pound uses lightly weighted "drumsticks" to transform drumming into an effective workout. |
| Spin/Cycle | 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. (Coming soon.) |
| 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. |

