



WAYNESBORO FAMILY YMCA

# GROUP FITNESS MAY 2026



NATALIE'S CYCLING POP-UP!!

May 9, 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)	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+  See QR Code Below  10:00-10:55 AM Tai Chi/Qigong			
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	5:15-5:45 PM Core Conditioning Virtual Class Upstairs  6:00-6:55 PM Zumba with Margee	4:25-5:10 PM Moderate Vinyasa Flow  5:30-6:15 PM Circuit Strength  6:15-7:00 PM Spin Express	5:30-6:30 PM Happy Hour Yoga with Erin Cuomo		1:30-2:30PM Muscle Pump Virtual Class Upstairs		
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>MAS Class</p> </div> <div style="width: 45%;">  <p>Boxing Conditioning</p> </div> </div>					<p><b>***MAS (MOVEMENT, AGILITY STRENGTH) WORKOUT! AND BOXING CONDITIONING SATURDAY ALERT!</b></p> <p>Drop-ins are welcome. However, to receive class notifications (including cancellations) sign up the night before at  <b>MAS</b> <a href="https://evite.me/SdQ7tDE5Kx">https://evite.me/SdQ7tDE5Kx</a>  <b>Boxing Conditioning (SATURDAY ONLY)</b>  <a href="https://www.evite.com/signup-sheet/5732084632256512">https://www.evite.com/signup-sheet/5732084632256512</a></p>		<p><b>Open Fitness Studio: Age 16+</b></p> <p>M, T, Th (Workouts): 5:30-6:50 AM  M, Th, F (Walking) 8:00-9:10 AM</p>		<p><b>PLEASE NOTE:</b></p> <p>No classes Monday May 25<sup>th</sup> for Memorial Day</p>