



WAYNESBORO FAMILY YMCA

# GROUP FITNESS JULY 2026


NATALIE'S CYCLING POP-UP!!

July 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 with Jessica  10:30-11:30 AM Classic Yoga with Lynne  11:45 AM-12:45 PM Gentle Conditioning with Kristi	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)	9:15-10:15 AM CardioSculpt with Natalie  10:30-11:30 AM Chair Yoga with Liza  11:45 AM-12:30 PM 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		4:30-5:15 PM Yoga Core and More with Erin STARTING JULY 7  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	4:30-5:15 PM Yin Yoga with Erin STARTING JULY 9  5:30-6:15 PM Circuit Strength with Natalie  6:15-7:00 PM Spin Express with Justin	5:30-6:30 PM Happy Hour Yoga with Erin		Sunday Afternoon Choreostep Development Workshop  Text Kat at 434 806 1186 for specific dates and times.	
	 MAS Class				<b>***MAS (MOVEMENT, AGILITY STRENGTH) WORKOUT!</b> 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>		<div style="border: 2px solid pink; border-radius: 50%; padding: 10px; display: inline-block;"> <b>NO CLASS JULY 4th WFYMCA IS CLOSED</b> </div>	<b>Boxing Conditioning is on a break in July!</b>

# GROUP FITNESS CLASS DESCRIPTIONS JULY 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.
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.
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	This class offers a challenging low-impact stationary bike ride with great music and group encouragement.
Tai Chi/Qigong	Gentle, flowing movements for balance, mobility, and mind-body calm.
Yin Yoga	A meditative practice that targets connective tissues like ligaments, tendons, joint capsules, and fascia. Poses are held for 3 to 5 minutes) entirely on the floor.
Yoga Core and More	Focus on the power center of your body: the abs, pelvis, glutes, and thighs. Blend targeted strengthening sequences with deep, intentional stretching.
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.

