WAYNESBORO FAMILY YMCA

GROUP FITNESS NOVEMBER 2026

NATALIE'S CYCLING POP-UP!!
November 7, 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	**6:00-6:45 AM YMCA 360 Stretch Class with Teena ***** 9:15-10:15 AM YMCA Cardio Dance with Liza 10:30-11:30 AM Classic Yoga with Lynne 11:45 AM-12:45 PM Gentle Conditioning with Kristi	**6:00-6:45 AM YMCA Cardio 360 Strength Class with Teena***** 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 Zumba Express with Lilyann 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 **TRY IT!!** **High Intensity Interval Training** Including fun boxing moves to thrill you! **WEDNESDAYS AT 5:30 PM!**	
AFTERNOON	6:15-7:00 PM Zumba Express Jessica	3:30-4:15 PM Yoga Core and More with Erin 5:30-6:15 PM Circuit Strength with Natalie 6:15-7:15 PM Spin with Natalie	**5:30-6:00 PM HIIT High Intensity Interval Training Express with Russ** 6:00-6:55 PM Zumba with Margee	1:00-2:00 PM Yoga Prep and Stretch for Seniors with Kristi and YMCA360 blend 5:30-6:15 PM Circuit Strength with Natalie 6:15-7:00 PM Spin Express with Natalie	5:15-6:10 PM Happy Hour Yoga with Erin 6:15-7:00 PM Yin Yoga with Erin 715-8:15 PM Boxing Conditioning with Russ (NO CLASS NOVEMBER 6TH)		2:30 PM Sunday Afternoon Choreostep Development Workshop Text Kat at 434 806 1186 for dates.

MAS Class

MAS CLASS:
https://evite.me/T2fu24AGFV

*Drop-ins are welcome for 6 AM classes.
However, to receive class notifications (including cancellations) sign up online for MAS the night before or text Kat the night before for Stretch or Cardio Strength (434 806 1186)

REMINDER: YMCA CLOSED THANKSGIVING DAY

TEACHER-LED GROUP FITNESS CLASS DESCRIPTIONS
NOVEMBER 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 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.
HIIT-Boxing Style	Alternate short bursts of hard effort cardio with recovery intervals ... boxing moves add to the effort and excitement.
MAS Early Morning Workout	Movement, Agility Strength!! Achieve your personal best with instructor expertise and group energy.
Muscle Mania	Weighted and bodyweight exercises are provided to increase strength and cardiovascular fitness.
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.
YMCA 360 Classes	YMCA 360 virtual library classes are offered with the support of a YMCA fitness instructor or specialist.
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.
Yoga Prep and Stretch for Seniors	Chair-supported movements with extra time to move into and between poses. Matwork offered as appropriate. Your instructor will adapt the class to participants' comfort, mobility, and experience. Virtual and instructor-led movement.
Zumba	This cardio conditioning class combines Latin, international and pop music with great dance moves.