



Waynesboro Area YMCA Holiday Group Exercise 12/23-1/4 2024

Group Ex Room 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00a Yoga	7:00-8:00a Yoga		7:00-8:00a Yoga	5:15-6:15a Yoga	
8:45-9:30a Step and Groove with Sarah					
	9:50-10:50a 				9:00-10:00a
			6:30-7:30 (12/26) Yoga		10:00-11:00a QiGong

Group Ex Room 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30a 				8:45-9:45a (1/3) 	8:00-9:00a (1/4)
				10-10:30a (1/3) Core	9:00-10:00a (1/4) Intro to Weightlifting
6:00-6:55p 					

YMCA Indoor Cycling (limit 10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:15a Spin		5:15-6:15a Spin		
	9:45-10:45a (12/23, 12/30) Spin		6:00-7:00p (1/02) Spin		

*YMCA closes at noon on 12/24 and 12/31.



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*YMCA will be closed on 12/25 and 1/01.

