



Waynesboro Area YMCA Group Exercise Schedule WINTER 2025- Begins 1/6

Group Ex Room 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15a Yoga		5:15-6:15a Yoga		5:15-6:15a Yoga	
8:45-9:30a Step and Groove	8:45-9:45a Power Yoga	8:45-9:30a Step and Groove	8:45-9:45a Power Yoga	8:45-9:45a @	
	9:50-10:50a 			9:50-10:50a BUTTS & GUTS	9:00-10:00a
					10:00-11:00a QIGONG
6:30-7:30p QIGONG					
	6:30-7:30p Yoga		6:30-7:30 Yoga		

YMCA Indoor Cycling (limit 10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:15a Spin		5:15-6:15a Spin		
	6:00-7:00p Spin				