



















Waynesboro Area YMCA Group Exercise Schedule WINTER 2025

Group Ex Room 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15a 					
9:30-10:30a 		9:30-10:30a 		8:45-9:45a 	8:00a-9:00a 
11:00-11:45a 	9:50-10:35a SilverSneakers 		9:50-10:35a SilverSneakers 		
Classic	Circuit		Circuit		
	10:40-11:25a SilverSneakers 	11:00-11:45a SilverSneakers 	10:40-11:25a SilverSneakers 		
	Classic	Classic	Classic		
	11:30a-12:15p SilverSneakers 		11:30a-12:15p SilverSneakers 		
	Yoga 		Yoga 		
6:00-6:55p 		6:00-7:00p 