



# Waynesboro Area YMCA Group Exercise Schedule WINTER 2025

## 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 <b>Step and Groove</b>	8:45-9:45a <b>Power Yoga</b>	8:45-9:30a <b>Step and Groove</b>	8:45-9:45a <b>Power Yoga</b>	8:45-9:45a @	
	9:50-10:50a 				9:00-10:00a 
					10:00-11:00a <b>QIGONG</b>
6:30-7:30p <b>QIGONG</b>					
	6:30-7:30p <b>Yoga</b>		6:30-7:30 <b>Yoga</b>		

## 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				