





















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  Circuit | | 9:50-10:35a SilverSneakers  Circuit | | |
| | 10:40-11:25a SilverSneakers  Classic | 11:00-11:45a SilverSneakers  Classic | 10:40-11:25a SilverSneakers  Classic | | |
| | 11:30a-12:15p SilverSneakers  Yoga  | | 11:30a-12:15p SilverSneakers  Yoga  | | |
| | | | (Starting 1/23) | | |
| 6:00-6:55p  | | 6:00-7:00p  | 6:00-7:00p  | | |