

Wayne County YMCA

Fitness Schedule

August 8 – Sept 7

Y Day Camp will move into our Y building starting **Wed, Aug 8**. Many of our morning classes need to be relocated.

The Central United Methodist Church (CUMC) is allowing us to move classes there.

We can't park in their parking lots we must use street parking or park at the Y and walk over

We will use the Social Room (SR) or Wesley Room (WR) at the church. Morning Tai Chi will be held at Master Lee's Studio on Willow Avenue.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Aug 6 –YMCA Regular Schedule</p>	<p>Aug 7 - YMCA Regular Schedule</p>	<p>Aug 8 – CUMC</p> <p>9-9:45 X-fit SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fitness WR</p>	<p>Aug 9 – See locations</p> <p>8-9 Tai Chi – ML Studio</p> <p>9-9:45 Golden Gang – YMCA</p> <p>10-10:45 Chair Yoga CUMC SR</p>	<p>Aug 10- CUMC</p> <p>9-9:45 Zumba SR</p> <p>10-11:00 Yoga SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fitness WR</p>
<p>Aug 13- CUMC</p> <p>9-9:45 X-fit SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fit WR</p>	<p>Aug 14 – See locations</p> <p>8-9 Tai Chi – ML Studio</p> <p>9-9:45 Golden Gang – YMCA</p> <p>10-11:00 – Pilates YMCA</p> <p>9:45-10:30 Health Group – CUMC SR</p> <p>10:30-12:00 Yoga– CUMC SR</p> <p>11-11:45 Chair Yoga – CUMC WR</p>	<p>Aug 15- CUMC</p> <p>9-9:45 X-fit SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fitness WR</p>	<p>Aug 16 – See locations</p> <p>8-9 Tai Chi – ML Studio</p> <p>9-9:45 Golden Gang – YMCA</p> <p>10-10:45 Chair Yoga CUMC SR</p>	<p>Aug 17- CUMC</p> <p>9-9:45 Zumba SR</p> <p>10-11:00 Yoga SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fitness WR</p>
<p>Aug 20- CUMC</p> <p>9-9:45 X-fit SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fit WR</p>	<p>Aug 21- See locations</p> <p>8-9 Tai Chi – ML Studio</p> <p>9-9:45 Golden Gang – YMCA</p> <p>10-11:00 – Pilates YMC</p> <p>9:45-10:30 Health Group – CUMC SR</p> <p>10:30-12:00 – Yoga CUMC SR</p> <p>11-11:45 – Chair Yoga CUMC WR</p>	<p>Aug 22- CUMC</p> <p>9-9:45 X-fit SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fitness WR</p>	<p>Aug 23 – See locations</p> <p>8-9 Tai Chi – ML Studio</p> <p>9-9:45 Golden Gang – YMCA</p> <p>10-10:45 Chair Yoga CUMC SR</p>	<p>Aug 24- CUMC</p> <p>9-9:45 Zumba SR</p> <p>10-11:00 Yoga SR</p> <p>10-10:45 Silver Sneakers WR</p> <p>11-12:00 Enhance Fitness WR</p>

August 27-31 - All classes go back to the regular schedule. Sept. 1, 2,4,5 or 6 – NO CLASSES. Classes will resume Fri, September 7!