



Wayne County YMCA Group Fitness Schedule for May 2023
Sign up for virtual fitness with us!

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM						Open at 8:00	Open at 8:00
8:00 AM							
8:30 AM							
9:00 AM	X-Fit 9:00 -9:45		X-Fit 9:00 - 9:45				
9:30 AM							
10:00 AM	Silver Sneakers 10:00 -10:45		Silver Sneakers 10:00 - 10:45	Chair Yoga 10:00 -10:45	Ener-Chi 10:00-11:00		
10:30 AM	Connect 10-11:00	Hatha Yoga 10:30 -12:00					
11:00 AM	Enhance Fitness 11:00 -12:00		Beginner Yoga 11:00 -12:00		Enhance Fitness 11:00 -12:00		
11:30 AM							
12:00 PM							
12:30 PM							Close at 1:00
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM						Close at 3:00	
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Body Fit 5:00 - 6:00		Body Fit 5:00 - 6:00	Hatha Yoga 5:15 - 6:30			
6:00 PM		Simply Strength 5:30 - 6:30		Simply Strength 5:30 - 6:30			
6:30 PM			Pound & Lift 6:30 - 7:30				
7:00 PM							
7:30 PM							
8:00 PM							
8:00 PM							
8:30 PM							

Class times are noted. Open

Sign up for REMIND to receive texts about class changes!

See back for details.

Please arrive 5-10 min prior to class.

Wear appropriate exercise attire.

Please bring water and stay hydrated.

Regular Group Fitness Classes are FREE to members.

Non Y Members: \$7.00 per 45 min class & \$10.00 Per Hour or more.












1 Month Fitness Class Membership: \$35.00



Class times are noted. Open gym is the white space unless otherwise noted.

Information & Class Descriptions

Fitness Classes: Free to Y Members. Non Members pay per class or buy month. YWELLNESS 24/7: Free online fitness classes for YMCA Members.
Class Descriptions: Cover the basics of our classes. Speak to the instructor for a better feel for what the class is and let them know what you like.

- Body Fit**  Instructor: Cathy Location: Upstairs Room or Gymnasium
Total body strength class with high-energy so you can condition, strengthen and tone some of the biggest muscle groups.
- Chair Yoga**  Instructor: Sara Location: Upstairs Room or Gymnasium
Wind down with a perfect introduction to yoga using a chair for assistance rather than going to the floor.
- ENHANCE FITNESS**  Instructor: Cathy and Liz Location: Gymnasium
Challenging for active older adults & safe for the unfit/near frail. Stretching, flexibility, balance, low-impact aerobics & strength training.
- Hatha Yoga**  Instructor: Sara Location: Upstairs Room
Designed to enhance vitality and a sense of well-being using gentle movements to improve flexibility, balance, strength and posture.
- POUND**  Instructor: Kat & Janette Location: Gymnasium
Drumming, cardio and strength training. Throw in some yoga & Pilates, and it becomes a jam session that rocks the body & mind.
- Silver Sneakers**  Instructor: Liz and Cathy Location: Upstairs Room or Gymnasium
Increase strength, range of movement & activities for daily living. Hand weights, elastic tubing w/ handles & a ball offer resistance.
- Simply Strength**  Instructor: Christal Location: Gymnasium
Condition your whole body using a bench and body bars for some major toning you'll get an endurance workout built to last.
- Spinning**  Instructor: Christal Location: Upstairs Fitness Room Bikes must be reserved!
Designed for all levels, this traditional indoor cycling class offers an effective way to build cardiovascular strength endurance.
- X-Fit**  Instructor: Cathy Location: Gymnasium
Cardiovascular drills, strength training, and more! This class will benefit any committed individual.
- Beginner Yoga**  Instructor: Sara Location: Upstairs Room
Cultivate a mindful practice with concise instruction on breath & body awareness.
- Ener Chi**  Instructor: Liz Location: Upstairs Fitness Room or Gymnasium
A series of movements done in a slow focused manner - deep breathing. Low impact - minimal stress on muscles and joints.

To get texts about class changes, updates or cancellations set up REMIND: Text: @77h298 To: 81010