



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wayne County YMCA Group Fitness Schedule 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM	X-Fit 9:00-9:45	Golden Gang 9:00- 9:45	X-Fit 9:00- 9:45	Golden Gang 9:00- 9:45	Zumba 9:00-9:45	Strong Zumba 9:00-10:00					
9:30 AM											
10:00 AM	Silver Sneakers 10:00-10:45	Line Dancing 10:00-10:45 Yoga 10:30-12:00 Mat Pilates 11:00-12:00	Silver Sneakers 10:00- 10:45	Chair Yoga 10:00- 10:45 Yoga 10:30-12:00	Silver Sneakers 10:00-10:45	Parkinson's Spin 10:00-11:00					
10:30 AM											
11:00 AM	Enhance Fitness 11:00-12:00		Enhance Fitness 11:00-12:00		Enhance Fitness 11:00-12:00						
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM							Close at 2:30				
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM	Body Fit 5:00-6:00 Spin 5:30-6:30 Zumba 6-7:00 Mat Pilates 6:30-7:30		Body Fit 5:00-6:00 Spin 5:30-6:30 Zumba 6:00-7:00	Yoga 5:15- 6:30 Simply Strength 5:30- 6:30		Close at 5:00					
5:30 PM		Simply Strength 5:30-6:30						Spin 5:15-6:00			
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM											

Please arrive 5-10 minutes prior to class. Spots are limited.

You MUST sign up to reserve spin bikes.

Wear appropriate exercise attire.

Please bring water and stay hydrated.

Regular Group Fitness Classes are FREE to members.

NON-MEMBERS
45 min. class \$5.00
1 hr. or more \$7.00

*Special fitness sessions

Enhance Fitness :
16 Wk. sessions
MUST pre-reregister

