



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Wayne County YMCA Group Fitness Schedule for Fall 2021

Subject to change based on CDC Changes- Remember to sign up for virtual fitness with us!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	<b>X-Fit</b> 9:00-9:45		<b>X-Fit</b> 9:00- 9:45				
9:30 AM							
10:00 AM	<b>Silver Sneakers</b> 10:00-10:45		<b>Silver Sneakers</b> 10:00- 10:45	<b>Chair Yoga</b> 10:00-11:00	<b>Yoga</b> 10:00- 10:45		
10:30 AM		<b>Hatha Yoga</b> 10:30-12:00					
11:00 AM	<b>Enhance Fitness</b> 11:00-12:00		<b>Beginner Yoga</b> 11:00-12:00		<b>Enhance Fitness</b> 11:00-12:00		
11:30 AM	*YOGA FUSION 11:00-12:00 upstairs						
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	<b>Body Fit</b> 5:00-6:00		<b>Body Fit</b> 5:00-6:00	<b>Hatha Yoga</b> 5:15- 6:30			
5:30 PM		<b>Simply Strength</b> 5:30-6:30		<b>Simply Strength</b> 5:30- 6:30			
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

Sign up for REMIND to receive texts about class changes!

SEE RULES on Back of page.

Please arrive 5-10 minutes prior to class.

Wear appropriate exercise attire.

Please bring water & stay hydrated.

Regular Group Fitness Classes are FREE to YMCA members.

Non Y Members: \$7.00 per 45 min class and \$10.00 for Hour or longer classes.  
**New - \$35.00/Month**



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