



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wayne County YMCA Group Fitness Schedule

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 9:45-10:25	Silver Sneakers 10:00- 10:45 Mat Pilates 11:00-12:00	Chair Yoga 10:00- 10:45	Silver Sneakers 10:00-10:45 Yoga 10:00-11:00	Parkinson's Spin 10:00-11:00	
10:30 AM							
11:00 AM	Enhance Fitness 11:00-12:00	Hatha Yoga 10:30-12:00	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 Spinning 5:30-6:30 Strong Zumba 6:00-7:00	Simply Strength 5:30-6:30 Yoga 6:00-7:00	Body Fit 5:00-6:00 Spinning 5:30-6:30 Zumba 6:00-7:00	Hatha Yoga 5:15- 6:45 Simply Strength 5:30- 6:30	Spinning 5:15-6:15	Close at 5:00	
5:30 PM							
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

Enhance Fitness :
16 Wk. sessions
MUST pre-register



Body Fit 

Instructor: Cathy

Location: 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: Gymnasium

Wind down with a perfect introduction to yoga using a chair for assistance rather than going to the floor.



Instructor: Cathy, Mollie, Liz

Location: Gymnasium

16-wk adaptable class.

Levels challenging for active older adults & safe for the unfit/near frail. Stretching, flexibility, balance, low-impact aerobics & strength training. pre-registration required.

Golden Gang 

Instructor: Tina/Cathy /Mollie

Location: Gymnasium

Increase your cardiovascular and muscular endurance when fitness and fun come together with low-impact aerobic activity.

Hatha Yoga 

Instructor: Sara, Ben

Location: Upstairs Fitness Room

Designed to enhance vitality and a sense of well-being using gentle movements to improve flexibility, balance, strength and posture.

Silver Sneakers 

Instructor: Liz, Cathy, Mollie

Location: Gymnasium

Exercises to increase strength, range of movement & activities for daily living. Hand weights, elastic tubing w/ handles & a ball offer resistance. Chairs for seated or standing support.

Simply Strength 

Instructor: Laurie

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: Laurie & DJ

Location: Upstairs Fitness Room

Parkinson's Spin – Sat, 10:00-11:00

Designed for all levels, this traditional indoor cycling class offers an effective way to build cardiovascular strength and endurance.

Ultra Beg. Line Dance 

Instructor: Nancy

Location: Gymnasium

Line dance routines for a mind & body workout. Classes will use music, choreography to enhance, memory, and mobility.

X-Fit 

Instructor: Cathy

Location: Gymnasium

Cardiovascular drills, strength training, and more! This class will benefit any committed individual.

Zumba 

Instructor: Mollie

Location: Gymnasium

Get ready to dance yourself into shape with this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness-party!



Instructor: Mollie

Location: Gymnasium

Push yourself past your limits to reach your fitness goals. Using your own body weight, you will gain muscular endurance, tone, definition, and after-burn.

Mat Pilates 

Instructor: Cathy

Location: Upstairs Fitness Room

Learn body awareness and basic fundamentals of Pilates! Learn the foundation of core strength & stability needed for activities. The sequence of exercises challenges core strength & increases dynamic stability without adding bulk, as well as improve flexibility and posture.