



## Wayne County YMCA Group Fitness Schedule for March 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	<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>Hatha Yoga</b> 10:30 -12:00	<b>Silver Sneakers</b> 10:00 - 10:45	<b>Chair Yoga</b> 10:00 -10:45	<b>Ener-Chi</b> 10:00-11:00							
10:30 AM												
11:00 AM	<b>Enhance Fitness</b> 11:00 -12:00		<b>Beginner Yoga</b> 11:00 -12:00									
11:30 AM												
12:00 PM												
12:30 PM							<b>Close at 1:00</b>					
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM											<b>Close at 3:00</b>	
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM												
6:00 PM												
6:30 PM	<b>Body Fit</b> 5:00 - 6:00 <b>Spin</b> 5:15-6:00	<b>Simply Strength</b> 5:30 - 6:30	<b>Body Fit</b> 5:00 - 6:00 <b>Spin</b> 5:15-6:00 <b>Pound &amp; Lift</b> 6:30 - 7:30	<b>Hatha Yoga</b> 5:15 - 6:30 <b>Simply Strength</b> 5:30 - 6:30								
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM												

**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.**

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.
-  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.
-  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