



Wayne County YMCA Group Fitness Schedule for July 2023

Sign up for virtual fitness with us!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**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




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			Meditation 12:15 – 1:15				Close at 1:00
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							
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							
7:00 PM							
7:30 PM							
8:00 PM							
8:00 PM							
8:30 PM							

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.


 **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.

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.

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.

Connect  **Instructor: Cathy** **Location: Upstairs Fitness Room**
Connect Mind & Body through gentle but challenging movements using control, your breath leaving you energized but relaxed.

Meditation  **Instructor: Sara or Liz** **Location: Upstairs Fitness Room**
Learn the basics of meditation & breathe work. Relaxing and peaceful

RAINY DAYS JUNE 13 - AUGUST 25 MORNING CLASSES MAY BE CANCELLED DUE TO SUMMER CAMP IN THE BUILDING.

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