



Wayne County YMCA Group Fitness Schedule Starting September 14, 2020
Subject to change based on CDC Changes

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	X-Fit	Chair Yoga	X-Fit			Yoga	
9:30 AM	9:00-9:45	9:00- 10:00	9:00- 9:45			8:30-9:15	
10:00 AM	Silver Sneakers		Silver Sneakers		Yoga		
	10:00-10:45		10:00- 10:45		10:00-10:45		
10:30 AM		Hatha Yoga					
11:00 AM	Enhance	10:30-12:00	Mat Pilates		Enhance		
11:30 AM	Fitness		11:00-12:00		Fitness		
	11:00-12:00				11:00-12:00		
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	Body Fit		Body Fit	Hatha Yoga			
5:30 PM	5:00-6:00	Simply	5:00-6:00	5:15- 6:30			
		Strength		Simply			
6:00 PM		5:30-6:30		Strength			
6:30 PM				5:30- 6:30			
7:00 PM							
7:30 PM							
8:00 PM							

YOU MUST CALL TO RESERVE YOUR SPOT.

You may register for one class per day.

SEE RULES on Back of page.

Please arrive 5-10 minutes prior to class.

Wear appropriate exercise attire & mask.

Please bring water and stay hydrated.

Regular Group Fitness Classes are FREE to members.

Current YMCA Members only. No guests or non-members allowed at this time.



FACILITY RULES DURING THE COVID-19 GREEN PHASE:

Signing In at the Y for fitness classes: Masks must be worn while walking around in the building

- Wear your mask. Get temperature taken and it needs to be under 100.4 degrees. Answer screening questions. If you answer yes, please go home.
- ALL 3 STEPS MUST BE DONE PRIOR TO SIGNING IN. IF NOT YOU WILL NOT BE ALLOWED IN.
- Sign new waiver (one time)
- Staff sign you in & give you a cleaning towel. Upon leaving, return the towel & staff will check you out. We need to keep count of people in the facility.

Fitness Classes: Fitness classes are limited to 20 people.

- Masks must be worn at all times. If you feel you need to lower it to breath, you must remain social distanced.
- Maintain social distance of 6 ft.
- Stay in your designated spot marked on the floor.
- Sanitizing all equipment prior to use and again after using
- Towels and cleaning solution are around the facility and hand sanitizer is available
- Water Fountains are for filling water bottles – NOT ADVISABLE TO USE

Class Descriptions:

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

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

Hatha Yoga



Instructor: Sara

Location: Gymnasium – evening class may be moved upstairs

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.

X-Fit



Instructor: Cathy

Location: Gymnasium

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

Mat Pilates



Instructor: Cathy

Location: Gymnasium

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.