



Wayne County YMCA Group Fitness Schedule for September 2022

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	X-Fit 9:00-9:45 no 9/5	Walking 9:00-10:00	X-Fit 9:00- 9:45		Walking 9:00-10:00		
9:30 AM							
10:00 AM	Silver Sneakers 10:00-10:45 No class 9/5	Hatha Yoga 10:30-12:00	Silver Sneakers 10:00- 10:45	Chair Yoga 10:00-11:00 No class 9/1			
10:30 AM							
11:00 AM	Enhance Fitness 11:00-12:00 no 9/5		Yoga Fusion or Pound 11:00-12:00		Enhance Fitness 11:00-12:00		
11:30 AM							
12:00 PM							Close at 1:00
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 5:00-6:00 No class 9/5	Simply Strength 5:30-6:30	Body Fit 5:00-6:00	Hatha Yoga 5:15- 6:30 No class 9/1			
5:30 PM							
6:00 PM			Pound & Lift 6:30-7:30	Simply Strength 5:30- 6:30 No class 9/1			
6:30 PM							
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



(*) FOR Sept 1, 2022 ALL CLASSES AND OPEN GYM FROM 7am-5pm CLASSES AFFECTED BY THIS ARE IDENTIFIED WITH AN (*). THE FACILITY IS CLOSED SEPTEMBER 5 FOR LABOR DAY!

Information & Class Descriptions – September 2022

Fitness Classes: Class Descriptions:


**Free to Y Members. Non Members pay per class or buy month. YWELLNESS 24/7: Free online fitness classes for YMCA Members.
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.

 ENHANCE
FITNESS

Instructor: Cathy and Liz

Location: Upstairs Room or Gymnasium

Levels 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.

 POUND
AND LIFT

Instructor: Kat

Location: Gymnasium

Drumming, cardio and strength training. Throw in some yoga and Pilates, and it becomes a jam session that rocks the body and mind.

Pound and Lift

Instructor: Janette

Location: Gymnasium

Drumming and strength training. Tone and jam while you sculpt and shape.

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.

Yoga Fusion



Instructor: Suzi

Location: Upstairs Room

Fun and fit combination of yoga, Pilates, light weights and resistance bands working arms, legs, core and more!

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