WABASH COUNTY YMCA
NOVEMBER 2026 GROUP EXERCISE SCHEDULE

Please note: Classes are subject to change without advanced notice.

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:15-6:00am	Group Cycling	Erica	Studio B
6:15-7:15am	Pilates	Steph	Studio A
8:30-9:30am	Total Parkinson's*	Jill	Studio A
7:45-8:30am	Group Cycling	Pam	Studio B
9:00-10:00am	**Water Aerobics**	**Dianna**	**Lap Pool**
9:45-10:30am	Gentle Group Cycling	Jim	Studio B
10:00-11:00am	**Water Aerobics**	**Natalie**	**Lap Pool**
10:15-11:00am	Silver Sneakers Classic	Jill	Studio A
11:15-12:00pm	VIRTUAL Chair Yoga	Video Led	Studio A
4:30-5:30pm	Cardio Kick & Sculpt	Lynn	Studio A
6:00-7:00pm	Dance Fitness	MaryAnne	Studio A
TUESDAY	**CLASS**	**INSTRUCTOR**	**LOCATION**
6:00-6:35am	Total Body Circuit	Christina	Wellness Center
6:00-7:00am	**WaterFit**	**Angie**	**Lap Pool**
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Studio A
9:00-10:00am	**Water Aerobics**	**Dianna**	**Lap Pool**
10:45-11:30am	Geri-Fit NEW TIME STARTS: 10NOV	Cindy	Studio A
4:30-5:30pm	Step & Sculpt	Shelly	Studio A
6:00-7:00pm	Line Dancing	Sherry W	Studio B
6:00-7:00pm	Intro. to Weight Lifting	Pete	Studio A
7:00-8:00pm	Yoga - must bring own mat	Kathryn	Studio A
WEDNESDAY	**CLASS**	**INSTRUCTOR**	**LOCATION**
5:15-6:00am	Group Cycling	Erica	Studio B
8:30-9:30am	Total Parkinson's*	Jill	Studio A
9:00-10:00am	**Water Aerobics**	**Dianna**	**Lap Pool**
9:45-10:30am	Gentle Group Cycling	Jim	Studio B
10:00-11:00am	**Water Aerobics**	**Natalie**	**Lap Pool**
10:15-11:00am	Silver Sneakers Classic	Jill	Studio A
11:15-12:00pm	VIRTUAL Chair Yoga	Video Led	Studio A
4:30-5:30pm	Functional Fitness	Shelly	Studio A
6:30-7:15pm	Pilates	Steph	Studio A
THURSDAY	**CLASS**	**INSTRUCTOR**	**LOCATION**
6:00-6:35am	Total Body Circuit	Christina	Wellness Center
6:00-7:00am	**WaterFit**	**Angie**	**Lap Pool**
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Studio B
8:30-9:30am	Core & More	Steph	Studio A
10:45-11:30am	Geri-Fit NEW TIME STARTS: 10NOV	Cindy	Studio A
4:30-5:30pm	Step & Sculpt	Shelly	Studio A
6:00-7:00pm	Dance Fitness	MaryAnne	Studio A
FRIDAY	**CLASS**	**INSTRUCTOR**	**LOCATION**
5:15-6:00am	Group Cycling	Erica	Studio B
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Studio A
8:30-9:30am	Total Parkinson's*	Jill	Studio A
9:00-10:00am	**Water Aerobics**	**Dianna**	**Lap Pool**
10:00-11:00am	**Water Aerobics**	**Natalie**	**Lap Pool**
10:15-11:00am	Silver Sneakers Classic	Jill	Studio A
11:15-12:00pm	VIRTUAL Chair Yoga	Video Led	Studio A
SATURDAY	**CLASS**	**INSTRUCTOR**	**LOCATION**
7:30-8:15am	Pilates	Steph	Studio A
MON-FRI	**CLASS**	**INSTRUCTOR**	**LOCATION**
10:00am-6:00pm	Wellness Center Orientations (30 min sessions)		Wellness Desk

CLASS DESCRIPTIONS

*INDICATES FEE BASED CLASSES

CARDIO KICK & SCULPT: Get ready to kick, punch, and sculpt! This energizing class combines a variety of upper and lower body strikes to elevate your heat rate, tone and strengthen muscles, and burn calories. Come ready to move, sweat, and have fun

CORE & MORE: This class features full body strengthening using a variety of equipment and motions to keep you guessing the entire workout. You will focus on developing core strength and engaging muscles you didn't know you had!

DANCE FITNESS: In this class you will be instructed by easy-to-use moves combining fast and slow rhythms to sculpt your body while burning fat! You will have so much fun, you won't even realize you are exercising!

FUNCTIONAL FITNESS: Strength training and muscle memory building workout that will translate into everyday life. The class will use body weight exercises along with equipment such weights, bosu balls, foam rollers, bands, and fitness balls.

GENTLE GROUP CYCLE: New to Spin? Need a class gentle on the joints? Enjoy a smooth, low-impact morning ride. You control the pace and difficulty in a welcoming, zero-intimidation zone.

GERI-FIT: Geri-Fit will use light weights in a progressive setting to increase muscular strength, boost motor skills and reaction times, enhances flexibility/balance, manages chronic diseases, and more. This is a 45-minute evidence-based class and participants will . (pre-registration required)

GROUP CYCLE: Spinning is one of the best cardio, leg, and abdominal exercises a person can do, while being easy on the knees. We show you how to properly set up your bike to ensure the safest and most comfortable ride. Classes are great for all abilities.

INTRODUCTION TO LIFTING: This class incorporates both free weights in the weight room and machine weights in the wellness area. This class is ideal for beginners who want to learn proper form, understand gym equipment, and build foundational strength.

LINE DANCING: Learn basic line dance steps and simple routines. This is a fun way to exercise, meet new people, reduce stress and increase energy! Class is perfect for any age and fitness level.

PILATES: Sculpt, sweat, and strengthen in this dynamic class that takes your core workout to the next level. This high-energy, low-impact class fuses traditional Pilates with modern conditioning-using resistance bands, mini-balls, and weights.

SILVER SNEAKERS CLASSIC: Have fun and move to the music through a series of exercises designed to increase strength and activity level for daily living. Hand-held weights, elastic tubing, and a Silver Sneakers ball are used for resistance. A chair may be used for seated and/or standing support.

STEP & SCULPT: This class works all major muscle groups in a low impact but high intensity workout that will build muscle strength and endurance. This class uses a step along with weights. Great for all fitness levels and abilities

TOTAL BODY CIRCUIT: This class engages all muscles groups in a variety of ways. You will perform body weight exercises, and utilize our Kinesis line of machines. Perfect for all fitness levels.

***TOTAL PARKINSON'S:** Optimize physical function and help delay the progression of symptoms associated w/ Parkinson's.

***TOTAL PARKINSON'S BOOT CAMP**: A rigorous class designed to target symptoms specific to Parkinson's with a focus on mobility, balance, strength, memory and cognition. This class will incorporate floor work to strengthen and condition as well as basic equipment such as dumbbells, medicine balls and kettlebells. Expect to be challenged!

VIRTUAL CHAIR YOGA: A gentler form of yoga that can be practiced while seated or standing while using a chair for support. This class is taught by video.

WATER AEROBICS: Activate your aqua urge for variety! This class offers lots of fun with shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming skills are required. Develop strength, balance, and coordination in the water. Two levels are available-one with weight and one without.

WATERFIT: Move, groove, and sweat in a fun aquatic class designed to translate directly into better strength, balance, and energy for your daily life on land. This is a shallow water class is designed for all ability levels.

WELLNESS CENTER MACHINE ORIENTATION: This orientation will ensure that you are using the machines safely and effectively.

YOGA: End Your Day the Right Way. This class helps you unwind from your hectic day by focusing on postural balance, breathing techniques, body awareness, and core strength. Come give your mind and body the rest it deserves.