# WABASH COUNTY YMCA
# OCTOBER 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 |
| 8:30-9:15am | Group Cycling | Pam | Studio B |
| **9:00-10:00am** | **Water Aerobics** | **Dianna** | **Lap Pool** |
| 9:45-10:30am | Gentle Group Cycling | Jim | Wellness Area |
| **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** |
| 10:30-11:15am | Geri-Fit (pre-registration required) | 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 | Wellness |
| 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 | Wellness Area |
| **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 or Pilates | Steph | Studio A |
| 10:30-11:15am | Geri-Fit (pre-registration required) | 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 of upper body strikes and lower body kicks 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 moves 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 your own bikes pace and resistance in a welcoming, zero-intimidation zone.

**GERI-FIT:** Geri-Fit increases muscular strength, boosts motor skills and reaction times, enhances flexibility, manages chronic diseases, and more. This is a 45-minute evidence-based class and participants will use light weights in a progressive setting. (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 a perfect for any age and fitness level.

**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.