



# WABASH COUNTY YMCA SEPTEMBER 2025 GROUP EXERCISE SCHEDULE

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

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:00-6:00am	Hydro-X	Angie	Lap Pool
5:15-6:00am	Group Cycling	Erica	Studio B
8:30-9:15am	Group Cycling	Pam	Studio B
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
10:00-11:00am	Intro to Lifting	Brittany	Weight Room
11:15am-12:00pm	VIRTUAL Chair Yoga	Video Led	Studio A
3:45-4:15pm	ABC Youth Performance	Jay	Wood Gym
4:30-5:25pm	Functional Fitness	Shelly	Studio A
6:00-7:00pm	Dance Fitness	MaryAnne	Studio A
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:00-6:35am	Total Body Circuit (limit to 7)	Christina	Wellness Center
8:30-9:30am	Total Parkinson's Bootcamp*	Jill	Studio B
9:00-10:00am	Water Aerobics	Dianna	Lap Pool
10:30am-11:15pm	Geri-Fit (pre-registration required)	Jill	Studio A
4:30-5:30pm	Kick, Punch, Repeat	Shelly	Studio A
6:00-7:00pm	Intro. to Weight Lifting (limit to 6)	Pete	Weight Room
6:00-7:00pm	Line Dancing	Sherry W	Studio B
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
10:00-11:00am	Water Aerobics	Natalie	Lap Pool
10:15-11:00am	Silver Sneakers Classic	Jill	Studio A
11:15am-12:00pm	VIRTUAL Chair Yoga	Video Led	Studio A
3:45-4:15pm	ABC Youth Performance	Jay	Wood Gym
4:30-5:30pm	Functional Fitness	Shelly	Studio A
5:30-6:30pm	Gentle Yoga - must bring own mat	Shelly	Studio A
THURSDAY	CLASS	INSTRUCTOR	LOCATION
6:00-6:35am	Total Body Circuit (limit to 7)	Christina	Wellness Center
8:30-9:30am	Total Parkinson's Bootcamp*	Jill	Studio B
8:30-9:30am	Core & More	Steph	Studio A
10:30am-12:00pm	Geri-Fit (pre-registration required)	Jill	Studio A
4:30-5:30pm	Functional Fitness	Shelly	Studio A
6:00-7:00pm	Dance Fitness	MaryAnne	Studio A
6:00-7:00pm	Intro to Lifting	Brittany	Weight Room
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:00-6:00am	Hydro-X	Angie	Lap Pool
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
11:15am-12:00pm	VIRTUAL Chair Yoga	Video Led	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

\*\*PLEASE BRING OWN MATS TO CLASSES. WE DO NOT SUPPLY

**ABC (Agility, Balance & Coordination) YOUTH PERFORMANCE:** Designed to enhance young athletes through engaging and dynamic activities. Participants will develop fundamental movement skills essential for all sports by incorporating speed work, plyometrics, and explosive movement. This program emphasizes fun and skill development, providing a solid foundation for lifelong physical activity.

**CORE & MORE:** Come see what you are made of! 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

**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 YOGA:** A relaxing full body stretching class that is gentle on the body. Relax/rejuvenate mind, body, and soul.

**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. While most classes are great for all abilities.

**HYDRO-X: TAKE YOUR WORKOUT TO THE WATER.** This class is to be enjoyed in water, while incorporating resistance moves and aerobic conditioning. This low impact, high intensity workout, is easy on your joints and perfect for any fitness ability. Don't be fooled; you will work up a sweat during this heart pumping workout!

**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.

**KICK, PUNCH, REPEAT:** This workout is set to heart-pumping beats that keep you moving and motivated. This dynamic class fuses powerful punches, explosive kicks, and rhythmic combs. No experience needed!

**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.

**TOTAL BODY CIRCUIT:** This class engages all muscles groups in a variety of ways. You will use TRX straps, 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 CHARI 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.

**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.