



## WABASH COUNTY YMCA JANUARY 2026 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
	6:15-7:15am Pilates - must bring own mat	Steph	Studio A
	8:30-9:15am Group Cycling	Pam	Studio B
	8:30-9:30am Total Parkinson's*	Jill	Studio A
	<b>9:00-10:00am Water Aerobics</b>	Dianna	<b>Lap Pool</b>
	<b>10:00-11:00am Water Aerobics</b>	Natalie	<b>Lap Pool</b>
	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
	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 A
	<b>9:00-10:00am Water Aerobics</b>	Dianna	<b>Lap Pool</b>
	10:30am-11:15pm Geri-Fit (pre-registration required)	Jill	Studio A
	4:30-5:30pm Step & Sculpt	Shelly	Studio A
	6:00-7:00pm Intro. to Weight Lifting	Pete	Weight Room/Studio A
	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
	6:15-7:15am Pilates - must bring own mat	Steph	Studio A
	8:30-9:15am Group Cycling	Paige	Studio B
	8:30-9:30am Total Parkinson's*	Jill	Studio A
	<b>9:00-10:00am Water Aerobics</b>	Dianna	<b>Lap Pool</b>
	<b>10:00-11:00am Water Aerobics</b>	Natalie	<b>Lap Pool</b>
	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
	6:00-7:00pm Workout Wednesdays	Brittany	Studio B
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-11:15pm Geri-Fit (pre-registration required)	Jill	Studio A
	4:30-5:30pm Step & Sculpt	Shelly	Studio A
	6:00-7:00pm Dance Fitness	MaryAnne	Studio A
FRIDAY	CLASS	INSTRUCTOR	LOCATION
	5:00-6:00am 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
	<b>9:00-10:00am Water Aerobics</b>	Dianna	<b>Lap Pool</b>
	<b>10:00-11:00am Water Aerobics</b>	Natalie	<b>Lap Pool</b>
	10:15-11:00am Silver Sneakers Classic	Jill	Studio A
	11:15am-12:00pm VIRTUAL Chair Yoga	Video Led	Studio A
SATURDAY	CLASS	INSTRUCTOR	LOCATION
	7:30-8:15am Pilates - must bring own mat	Steph	Studio A
	8:30-9:15am Group Cycling	Pam	Studio B
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.

**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 as 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. 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.

**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.

**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 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.

**WORKOUT WEDNESDAYS:** The ultimate mid-week energy boost! This full body workout will focus on building muscle and improving overall strength. This class will use a variety of equipment such as dumbbells, kettle bells, weighted belts and bosu balls. End class feeling confident and accomplished.

**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.