





Waldo County YMCA

GROUP EXERCISE Schedule - June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30 a.m. TABATA Kim	7:00-8:00 A.M. HYBRID BARRE Susan	7:00-8:00 a.m. GOOD MORNING YOGA Conny		7:00-8:00 a.m. GOOD MORNING YOGA Conny	
	8:15-9:00 a.m. GOING STRONG Anne		8:15-9:00 a.m. GOING STRONG Anne	7:30-8:30 a.m. PILATES Jane	8:15-9:00 a.m. GOING STRONG Anne	
				9:15-10:15 a.m. TAI CHI Dave	9:15-10:15 a.m. BODY SCULPTING Sophie	9:00-10:00 a.m. ZUMBA Kristen
	9:15-10:15a.m. DYNAMIC DEFINITION Tamera		9:15-10:15 a.m. DYNAMIC DEFINITION Tamera		10:30-11:30 a.m. LIFETIME FITNESS Tamera	
	10:30-11:00 a.m. MOBILITY Fitness Crew	11:00-Noon DANCE BEATS Sheri	11:00 a.m.-12:15 p.m. ZUMBA Tamera	11:00-Noon DANCE BEATS Rita		10:30-11:45 YOGA FOR ALL Abby
	12:30-1:30 p.m. PROGRESSIVE CYCLING June 1st & 22nd		12:30-1:30 p.m. PROGRESSIVE CYCLING June 3rd & 17th			<p>START DATES: Look for the specific date of classes beginning throughout the month.</p> <p>You must belong to our Y Fitness FB group for FB Live classes (see below).</p> <p> → additional fee</p> <p> → in person & on FB Live</p> <p> → Zoom</p> <p> → in Community Room</p>
	2:00-3:00 p.m. LIFETIME FITNESS Tamera		2:00-3:00 p.m. LIFETIME FITNESS Sophie			
	3:30-4:30 p.m. CHAIR YOGA Janneke	3:45-4:45 p.m. GENTLE YOGA Janneke		4:00-5:00 p.m. YIN YOGA Dawn	4:30-5:30 p.m. DANCE FITNESS Sheri/Chelsey	
		5:00-6:00 p.m. ZUMBA Tamera	5:00-5:30 p.m. HIIT 5:30-6:00 p.m. CORE Sophie			
	5:30-6:30 p.m. YOGA FOR ALL Skip					
			6:15-7:15 p.m. ALIGN & STRETCH YOGA Celia	6:30-7:30 p.m. MIXED MARITAL ARTS Bob 4/2 - 6/25		

ANNUAL MEMBER BENEFIT!

Most group exercise classes are included with your membership.
Ask about joining today!

ADDITIONAL PRICING OPTIONS TO JOIN A CLASS

- General Group Fitness Classes are included in our Annual & 3-Month Memberships.
- **PLUM** color filled boxes are Specialty Classes
 - Require Additional Fee
- Non-Member Drop in Fee: WCY Day-Pass

Not a member, but still want to join a class?
Join us with a Day Pass! See Front Desk for purchase.
GROUP FITNESS SCHEDULE

HELPFUL INFORMATION:

- Classes in white boxes are held in our Wellness Room. They may also be available virtually via Zoom, shaded yellow.
- Participants may register two weeks prior to the start of any program.
- Instructors & class times are subject to change.
- Must be ages 14 & up to participate in a General Fitness Class.
- Specialty classes are in pink boxes and have an additional fee. Class fee must be paid before attending classes.
- See reverse side for additional pricing options to join a class.

WCY GROUP EXERCISE FACEBOOK GROUP

We have created a private Facebook Group Fitness page to help connect further with our Annual Members. We are posting live classes (that can be viewed over and over) plus tips and encouragement to help further your fitness journey.

GROUP EXERCISE CLASSES DESCRIPTIONS

ALIGN & STRETCH YOGA (60 min. Celia Whitehead) This class is typically half standing, half seated or lying down, with offerings to increase or decrease intensity throughout. Expect minimal weight-bearing on wrists and shoulders, but this class is not just sitting and stretching, you will leave feeling gently, thoroughly worked.

BODY SCULPTING (60 min. Sophie Pfander) Full body strength training with dumbbells, bands, step platform, or stability ball. Work every major muscle group and boost your metabolism!

CHAIR YOGA (60 min. Janneke Zaadstra) A highly accessible, gentle form of exercise that adapts traditional poses to be performed while seated in a chair or using it for support.

CORE TRAINING (30 min. Sophie Pfander) Exercises for the abs, back, glutes & thighs.

DANCE BEATS (60 min. Sheri McHenry & Rita Swidrowski) A variety of dance rhythms created for the Active Older Adult or beginner participant. Easy, fun & effective form of dance fitness!

DYNAMIC DEFINITION (60 min. Tamera Blades) Work your entire body in full range resistance exercises that increase strength, muscle tone & flexibility.

GENTLE YOGA (60 min. Janneke Zaadstra) This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

GOING STRONG (45 min. Anne Rothrock) Blending balance, strength, and movement.

GOOD MORNING YOGA (60 min. Conny Hatch) An all-levels class, beginners welcome!

HIIT (30 min. Sophie Pfander) High intensity interval training. Burn fat and improve your cardiovascular fitness!

HYBRID BARRE (60 min. Susan Wieman): Ballet inspired moves with elements of Pilates, yoga, strength training and aerobics.

LIFETIME FITNESS (60 min. Tamera Blades/Sophie Pfander) Age 50+ or beginners. Includes aerobics, muscle strengthening, and stretching. Improve flexibility, muscle tone, coordination, balance, heart & lung efficiency.

MOBILITY (30 min. Fitness Crew) Learn how to foam roll various muscles & stretches and movements to increase flexibility.

PILATES (60 min. Jane Veevaert) Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way. Pilates exercises will enhance core strength and promote flexibility and muscular control.

TABATA/STRENGTH/STABILITY (60 min. Kim Ingraham) Dynamic functional class designed to build strength & boost cardiovascular endurance. This workout combines strength training & aerobic activity for 40 second intervals. Upside: you're done by 7:30am! Get ready to move!!

TAI CHI (60 min. Dave Hurley) held in the Wellness Room; Participants will learn a slow flow sequence.

YIN YOGA (60 min. Dawn Preston) This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum and spine). This passive practice, involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

YOGA FOR ALL (75 min. Abby Vakay) Emphasis will be on breathing, balance, strength, and lengthening, with a restful finish.

YOGA FOR ALL (60 min. Skip Batcheller) Explore the many offerings of yoga. This class is all levels, friendly and Fun!

ZUMBA (60 min. Tamera Blades/ Kristen O'Brien/Chelsey Effinger/Sheri McHenry) Let's Dance to a wide variety of rhythms!

SPECIALTY CLASS DESCRIPTIONS

DIABETES PREVENTION PROGRAM (60 min. Kristen O'Brien): This year-long session gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes. Program will begin when we have a minimum number of participants enrolled. Thursday 1:00 - 2:00 p.m.

Fee: \$199 Annual Member / \$300 3-Month & Non Member

PROGRESSIVE CYCLING (60 min.) A gentle workout for those managing chronic conditions. Call to sign up 338-4598. Classes dates vary, refer to our website for the schedule.

Fee: \$5 Annual Member / \$10 3-Month & Non Member

MIXED MARTIAL ARTS (60 min.) Bob Lloyd. Tae Kwon Do & Jui Jitsu
Session : April 2 - June 25, 2026 (3 months) Thursday 6:30 - 7:30 p.m.

Fee: \$100 Annual Member / \$175 3-Month & Non Member