



# GROUP FITNESS CLASSES

EFFECTIVE MARCH 31, 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 Low-Impact Aerobics (Rotary)		8:00-9:00 Low-Impact Aerobics (Rotary)		8:00-9:00 Low-Impact Aerobics (Rotary)	
9:00-10:00 Sr. Water Aerobics (Pool)		9:00-10:00 Sr. Water Aerobics (Pool)	9:15-10:15 Beginners Vinyasa (Gymnastics)	9:00-10:00 Sr. Water Aerobics (Pool)	9:00-10:00 Body Pump (Rotary)
		9:15-10:15 Body Pump (Rotary)			
10:00-11:00 Tai Chi (Gym)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Gym)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Rotary)	
	10:30-11:30 Tai Chi (Gymnastics)		10:30-11:30 Tai Chi (Gymnastic)		
11:00-11:45 Group Cycling (Cycling Studio)	11:00-11:45 Senior Stretch (Rotary)	11:00-11:45 Group Cycling (Cycling Studio)	11:00-11:45 Senior Stretch (Rotary)	11:00-12:00 H2O Aerobics (Pool)	
12:00-1:00 Yoga (Gymnastics)	12:00-12:30 BOOM (Rotary)	12:00-1:00 Yoga (Gymnastics)	12:00-12:30 BOOM (Rotary)		
5:00-6:00 H2O Aerobics (Pool)		5:00-6:00 H2O Aerobics (Pool)	5:15-6:15 Int. Vinyasa Yoga (Rotary)		
5:15-6:15 Body Pump (Rotary)		5:15-6:15 Body Pump (Rotary)			
5:30-6:30 Tai Chi (Gymnastics)		6:30-7:30 Tai Chi (Gymnastics)			
6:30-7:00 Karate Kids (Rotary)		6:30-7:00 Karate Kids (Rotary)			
6:30-8:00 Elkins Shotokan (Rotary)		6:30-8:00 Elkins Shotokan (Rotary)			

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh'bam, and Sprint

## GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-10:00 Pickleball Reservations					8:00-11:00 Pickleball	CLOSED
10:00-11:30 Reserved for Tai Chi classes				10:00-2:45 Pickleball Reservations	11:00-5:00 Open Gym	
11:30-1:45 Pickleball Reservations						
1:45-2:45 Reserved for Good Christian Academy				2:45-7:00 Open Gym	CLOSED	12:00-2:00 Pickleball Reservations
4:00-5:00 Reserved	2:45-7:00 Open Gym	2:45-9:00 Open Gym	2:45-7:00 Open Gym			
5:00-9:00 Volleyball League	7:00-9:00 Pickleball Reservations		7:00-9:00 Pickleball Reservations			

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**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

Pool times are subject to change based on lifeguard availability.

**The online scheduler reflects the most current information on pool time availability and can be accessed at [www.elkinsymca.com](http://www.elkinsymca.com) under programs> aquatics.**

Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim	7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim	7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim	7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim	7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim		
9:00-10:00 Senior Water Aerobics		9:00-10:00 Senior Water Aerobics		9:00-10:00 Senior Water Aerobics	8:00-8:40 8:40-9:20 9:20-10:00 Lap Swim	
10:00-11:00 Family Swim		10:00-11:00 Family Swim		10:00-11:00 Family Swim	10:00-11:00 Family Swim	
11:00-12:00 Reserved for Home School		11:00-11:40 11:40-12:20 12:20-1:00 Lap Swim		11:00-12:00 H2O Aerobics	11:00-12:00 Family Swim	
12:00-12:40 Lap Swim				12:00-12:40 Lap Swim	12:00-12:40 Lap Swim	12:00-12:40 12:40-1:20 1:20-2:00 Lap Swim
						2:00-3:00 Pool Party
						3:00-4:00 Family Swim
4:00-5:00 Family Swim	4:00-4:40 4:40-5:20 5:20-6:00 Lap Swim	4:00-5:00 Reserved	4:00-4:40 4:40-5:20 5:20-6:00 Lap Swim			
5:00-6:00 H2O Aerobics		5:00-6:00 H2O Aerobics				
6:00-6:40 6:40-7:20 7:20-8:00 Lap Swim	6:00-8:00 Family Swim	6:00-6:40 6:40-7:20 7:20-8:00 Lap Swim	6:00-8:00 Family Swim			

**MAY POOL CLOSURES:**  
Sunday, May 11 – Mother's Day  
Sunday, May 18<sup>th</sup> – Lifeguard Training  
Sunday, May 25<sup>th</sup> & Monday, May 26<sup>th</sup>  
Memorial Day Weekend

Visit our website at [www.elkinsymca.com](http://www.elkinsymca.com) for program information.

- **Lap swim times** The pool has three lanes available for lap swim. The **two lanes closest to the interior wall can be reserved** using the online reservation system. Members can also call the Y front desk at 304-636-4515 during facility hours to reserve a spot. **The larger lane by the shallow end steps is available on a first-come, first served basis and is considered a shared lane.** Please ask or make eye contact when joining another swimmer before entering. This will signal the need to share the lane.
- **Family swim times** are for YMCA members and non-members visiting the facility. Day/visitor rates apply for non-members. A maximum of one lane will be put up (when requested) for lap swimming.
- **Pool parties** are held on Sunday afternoons by reservation. Payment must be made at the time of the booking to secure the reservation. See [www.elkinsymca.com](http://www.elkinsymca.com) for details.

Please observe the following pool guidelines:

- All members must sign in and out with the front desk staff through the lobby entrance.
- If you are ill, please stay home.
- **Children under 12 must be accompanied in the facility by an adult.**