



GROUP FITNESS CLASSES

EFFECTIVE MAY 4TH, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ELKINS-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 Yoga (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)		
	11:00-11:45 Senior Stretch (Rotary)		11:00-11:45 Senior Stretch (Rotary)	11:00-12:00 H2O Aerobics (Pool)	
	12:00-12:30 BOOM (Rotary)		12:00-12:30 BOOM (Rotary)		
5:00-6:00 H2O Aerobics (Pool)		5:00-6:00 H2O Aerobics (Pool)	5:15-6:15 Body Pump (Rotary)		
5:15-6:15 Body Pump (Rotary)		5:15-6:15 Body Pump (Rotary)			
5:30-6:30 Tai Chi (Gymnastics)	5:30-6:30 Basic Yoga (Gymnastics)			5:30-6:30 Beginner Fencing (Gymnastics) Begins 5/22/26	
6:30-7:00 Karate Kids (Rotary)		6:30-7:00 Karate Kids (Rotary)			
6:30-8:00 Elkins Shotokan Karate (Rotary)		6:30-8:00 Elkins Shotokan Karate (Rotary)			
6:45-7:45 Intermediate Vinyasa Yoga (Gymnastics)		6:30-7:30 Tai Chi (Gymnastics)			

Reserve the Les Mills Virtual Classroom online or at the front desk and choose from your favorite Les Mills classes.

- 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.



POOL SCHEDULE

STARTS APRIL 13TH, 2026

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Schedule Notes

Please observe scheduled times. Breaks are scheduled to allow for lifeguard breaks.

Children 10 and under may 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**

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	7:00-7:40	7:00-7:40	7:00-7:40	7:00-7:40		
	7:40-8:20	7:40-8:20s	7:40-8:20	7:40-8:20	7:40-8:20		
	8:20-9:00	8:20-9:00	8:20-9:00	8:20-9:00	8:20-9:00		
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	9:00-10:00		9:00-10:00		9:00-10:00	9:00-9:40	
	Senior Water Aerobics		Senior Water Aerobics		Senior Water Aerobics	9:40-10:20 Lap Swim	
	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:30-11:30	
	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
	11:00-12:00		11:00-11:40		11:00-12:00		
	Homeschool Students		11:40-12:20 12:20-1:00 Lap Swim		H2O Aerobics		
	12:20-1:00				12:20-1:00	11:45-12:15 12:30-1:00 Group Lessons	12:00-12:40 12:40-1:20 1:20-2:00 Lap Swim
						1:00-2:00 Pool Party	2:00-3:00 Pool Party
							3:00-4:00 Family Swim
		4:00-5:00		4:00-5:00			
		Family Swim		Family Swim			
	5:00-6:00	5:00-5:30	5:00-6:00	5:00-5:30			
	H2O Aerobics	5:45-6:15 Group Swim Lesson	H2O Aerobics	5:45-6:15 Group Swim Lesson			
	6:00-7:00	6:20-7:00	6:00-7:00	6:20-7:00			
	Family Swim	Lap Swim	Family Swim	Lap Swim			
	7:00-7:40	7:00-7:40	7:00-7:40	7:00-7:40			
	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

Visit our website at 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 by reservation. Payment must be made at the time of the booking to secure the reservation. See 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.**