

SHEBOYGAN FALLS YMCA SUMMER FITNESS SCHEDULE

JUNE 5 - SEPTEMBER 9, 2017

				updated 6/5/17	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:00am		HIIT <i>Julie</i>		HIIT <i>Jessica</i>	
5:30 - 6:15am	Fit for Life <i>James</i>	Spinning® <i>James</i>		Spinning® <i>James</i>	All Levels Yoga <i>Julie G</i>
5:30 - 6:30am	BODYPUMP™ <i>Julie</i>		BODYPUMP™ <i>Jessica/Julie</i>		BODYPUMP™ <i>Jessica</i>
7:00 - 7:50am	Back to Basics <i>James</i>		Back to Basics <i>Jen</i>	Back to Basics <i>James</i>	Back to Basics <i>James</i>
8:00 - 8:45am	SilverSneakers® Classic - <i>Jen/Christine</i>	SilverSneakers® Circuit - <i>Teresa</i>	SilverSneakers® Classic - <i>Jen</i>	SilverSneakers® Circuit - <i>Lindee</i>	
8:00 - 8:45am		BODYPUMP™ Express - <i>Jen</i>		BODYPUMP™ Express - <i>Jen</i>	
8:15 - 9:00am					SilverSneakers® Yoga - <i>Sara</i>
9:00 - 9:45am				Spinning® <i>Jen</i>	
9:00 - 10:00am		Boot Camp <i>Gus</i>		Zumba® <i>Kate</i>	Gentle Yoga <i>Alicia</i>
9:00 - 10:00am	BODYPUMP™ <i>Jessica</i>		BODYPUMP™ <i>Kate</i>		BODYPUMP™ <i>Kate</i>
9:15 - 10:15am			Power Yogalates <i>Brenda</i>		
10:10 - 10:50am		Butts, Guts & More <i>Christine</i>		Butts, Guts & More <i>Christine</i>	
12:10 - 12:55pm	Pulse, Sculpt & Flow <i>Brenda</i>	Zumba® <i>Lindee</i>	Total Conditioning <i>Ashley</i>	HIIT <i>Christine</i>	
5:30 - 6:30pm	BODYPUMP™ <i>Jen</i>	POUND® <i>Haleigh</i>	BODYPUMP™ <i>Evan</i>	All Levels Yoga <i>Julie G</i>	BODYPUMP™ <i>Evan</i>
5:45 - 6:45pm				Zumba® <i>Kristi</i>	
6:45 - 7:30pm	Flex & Flow Yoga <i>Alicia</i>				

- **Core** fitness classes are listed in **black** on the schedule and are **free with your YMCA membership**.
- **Specialty** fitness classes are listed in **blue** on the schedule; please see fee schedule on page 29 in brochure.

SHEBOYGAN YMCA SUMMER FITNESS SCHEDULE

LAND CLASSES: JUNE 5 - SEPTEMBER 9, 2017

updated 5/17/17						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:30 - 6:15am			Cardio Strength <i>Vanessa -</i>		Cardio Strength <i>Vanessa - AR</i>	M O R N I N G
5:45 - 6:30am	Spinning® <i>Tony - AR</i>	Power Yoga <i>Nikki - YP</i>	Spinning® <i>Tony - AR</i>	Power Yoga <i>Julie - YP</i>		
5:45 - 6:45am		Boot Camp <i>Erika - AR</i>		Boot Camp <i>Erika - AR</i>		
7:00 - 7:45am	Flex & Flow Yoga <i>Stacy - YP</i>				Flex & Flow <i>Denice - YP</i>	
8:30 - 9:30am		Strength/Pilates <i>Sara - AR</i>		Strength/Pilates <i>Sara - AR</i>		
9:00 - 9:45am					Zumba® <i>Michelle - AR</i>	
9:15 - 10:15am	Flex & Flow Yoga <i>Tiffany - YP</i>		Flex & Flow Yoga <i>Tiffany - YP</i>			
9:30 - 10:30am	Zumba® <i>Kate - AR</i>	← ends at 10:15	Boot Camp <i>Lindee - AR</i>			
9:45 - 10:30am		Chinese Yoga <i>Jon - YP</i>				
12:10 - 12:55pm	Boot Camp <i>Ashley - AR</i>				Boot Camp <i>Ashley - AR</i>	
4:15 - 5:00pm			Boot Camp <i>Stephanie - AR</i>			N I G H T
4:30 - 5:15pm		Flex & Flow Yoga <i>Alicia - YP</i>		Flex & Flow Yoga <i>Alicia - YP</i>		
5:15 - 6:00pm						
5:30 - 6:30pm	Pilates <i>Clare - MP</i>	Zumba® <i>Amber - AR</i>	POUND® <i>Mary - AR</i>	Zumba®/HIIT <i>Amber - AR</i>		
5:30 - 6:30pm		All Levels Yoga <i>Julie - YP</i>		Kung Fu <i>Jon - YP</i>		
6:30 - 7:30pm	Zumba® <i>Laura/Lindee - MG</i>		Zumba® <i>Laura/Lindee - MG</i>			
6:40 - 7:40pm	Kung Fu <i>Jon - YP</i>			Gentle Yoga <i>Alicia - YP</i>		
					SATURDAY	
9:45 - 10:45am					Zumba® <i>Amber - AR</i>	

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- **Specialty** fitness classes are listed in **blue** on the schedule; please see fee schedule in brochure.

Class Location Key

AR = Aerobic Room
 EG = East Gym
 GP = Garton Pool
 LG = Lohmann Gym
 LV = Lakeview
 MG = Muth Gym
 MP = Multi-Purpose Room
 SR = Spinning Room
 VP = Verhulst Pool
 YP = Yoga/Pilates Studio

SHEBOYGAN YMCA SUMMER FITNESS SCHEDULE

FINELY AGED CLASSES: JUNE 5 - SEPTEMBER 9, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15am		SilverSneakers Classic <i>Mike - LG</i>		SilverSneakers Classic <i>Ashley - LG</i>	
8:30 - 9:30am	EnhanceFitness® <i>Lindee - LG</i>		EnhanceFitness® <i>Teresa - LG</i>		EnhanceFitness® <i>Lindee - LG</i>

WATER CLASSES: JUNE 5 - SEPTEMBER 9, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30am	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Suzie - VP</i>	Aqua Fitness <i>Christine - VP</i>	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Suzie - VP</i>
10:30 - 11:00am		Ai Chi <i>Marie - GP</i>		Ai Chi <i>Marie - GP</i>	
11:00 - 11:45am		Arthritis Aquatics <i>Kara - GP</i>		Arthritis Aquatics <i>Kara - GP</i>	

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LAKEVIEW LIFESTYLE CLASSES

SUMMER 1: JUNE 12 - JULY 22, 2017

SUMMER 2: JULY 24 - AUGUST 26, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30am		People on Weights <i>Lindee - LV</i>		People on Weights <i>Teresa - LV</i>	
9:45 - 10:30am	Tone & Shape <i>Lindee - LV</i>				
12:00 - 12:30pm			Full Blast <i>Matt G - LV</i>		

- **The fee for adult programs per 5-week session is \$12.00 per one hour class, \$9.00 for a 45 minute class and \$6.00 per ½ hour class.**
- **There are NO classes the week of July 3- 7.**
- **You may register for one or two days per week.**

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