

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

JANUARY 2 - JUNE 2, 2018

	<i>revised 2/8/18</i>				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:00am		CXWORX™ <i>Julie</i>		HIIT <i>Jessica</i>	
5:30 - 6:15am		Spinning® <i>James</i>		Spinning® <i>James</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</i>	SilverSneakers® Circuit - <i>Teresa</i>	SilverSneakers® Classic - <i>Jen</i>	SilverSneakers® Circuit - <i>Christine</i>	SilverSneakers® Yoga - <i>Sara</i>
8:00 - 8:45am		BODYPUMP™ Express - <i>Jen</i>		BODYPUMP™ Express - <i>Jen</i>	← ends at 8:30am
8:30 - 9:00am				CXWORX™ <i>Julie</i>	
9:00 - 9:45am		Spinning® <i>Jen</i>		Spinning® <i>Jen</i>	
9:00 - 10:00am		Zumba® <i>Kate</i>		Zumba® <i>Kristi</i>	Basic Yoga <i>Alicia</i>
9:00 - 10:00am			BODYPUMP™ <i>Kate</i>		BODYPUMP™ <i>Kate</i>
9:15 - 10:00am	RIPPED* <i>Michelle</i>	← new! begins 2/19			
9:15 - 10:15am	Power Yogalates <i>Brenda</i>		Power Yogalates <i>Brenda</i>		
10:10 - 10:50am		Butts `n Guts <i>Christine</i>		Butts `n Guts <i>Christine</i>	
12:10 - 12:55pm	Pulse, Sculpt & Flow <i>Brenda</i>	HIIT <i>Christine</i>	Total Conditioning <i>Ashley</i>	Tabata Boot Camp <i>Christine</i>	POUND® <i>Erin</i>
5:30 - 6:30pm	BODYPUMP™ <i>Jen</i>	People on Weights <i>Matt</i>		Vinyasa 1/2 <i>Julie G</i>	BODYPUMP™ <i>Evan</i>
5:30 - 6:00pm			BODYPUMP™ Express - <i>Evan</i>		
5:45 - 6:30pm		POUND® <i>Mary</i>		Zumba® <i>Ashley</i>	
6:00 - 6:30pm			CXWORX™ <i>Julie</i>		
6:00 - 6:45pm	Basic Yoga <i>Julie G</i>				
					SATURDAY
8:00 - 9:00am					BODYPUMP™ <i>varies</i>

- **Core** fitness classes are listed in **black** on the schedule and are **free with your YMCA membership**.
- **Specialty** fitness classes are listed in **red** on the schedule; please see fee schedule on page 29 in brochure.
- **Fitness schedule is subject to change based on attendance and/or demand.**

***RIPPED** - "The One Stop Body Shock™" is a mix of resistance, intervals, power, plyometrics and endurance components.

SHEBOYGAN YMCA FITNESS SCHEDULE

LAND CLASSES: JANUARY 2 - JUNE 2, 2018

	<i>revised 2/8/18</i>					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:30 - 6:15am	Zumba® <i>Amy - AR</i>		Cardio Strength <i>Vanessa - AR</i>		Cardio Strength <i>Vanessa - AR</i>	M O R N I N G
5:45 - 6:30am	Spinning® <i>Tony - SR</i>	Power Yoga <i>Nikki - YP</i>	Spinning® <i>Tony - SR</i>	Power Yoga <i>Julie - YP</i>	Spinning® <i>Mary - SR</i>	
5:45 - 6:45am		Boot Camp <i>Erika - AR</i>		Boot Camp <i>Erika - AR</i>		
7:00 - 7:45am	Basic Yoga <i>Stacy - YP</i>				Basic Yoga <i>Denice - YP</i>	
8:30 - 9:30am		Strength/Pilates <i>Sara - MP</i>		Strength/Pilates <i>Sara - MP</i>		
8:30 - 9:30am		Spinning® <i>Kim - SR</i>				
9:00 - 9:45am		HIIT <i>Jessica - AR</i>	POUND® <i>Erin - AR</i>			
9:00 - 10:00am	Zumba® <i>Dawn - AR</i>				Zumba® <i>Dawn - AR</i>	
9:00 - 10:00am	Vinyasa 1 <i>Tiffany - YP</i>		Basic Yoga <i>Tiffany - YP</i>			
9:45 - 10:30am		Chinese Yoga <i>Jon - YP</i>		Chinese Yoga <i>Jon - YP</i>		
10:45 - 11:30am		Tai Chi <i>Jon - YP</i>		Tai Chi <i>Jon - YP</i>		
12:10 - 12:55pm	Boot Camp <i>Ashley - AR</i>	Vinyasa 1/2 <i>Tiffany - YP</i>	Boot Camp <i>Stephanie - AR</i>	Kettlebells <i>Stephanie - AR</i>	Boot Camp <i>Ashley - AR</i>	
4:30 - 5:15pm		Vinyasa 1 <i>Alicia - YP</i>		Basic Yoga <i>Alicia - YP</i>		
5:15 - 6:00pm	Boot Camp <i>Jessica - AR</i>					
5:30 - 6:30pm	Pilates <i>Clare - MP</i>	Zumba® <i>Amber - AR</i>		Zumba®/HIIT <i>Amber - AR</i>		
5:30 - 6:30pm	Spinning® <i>Phil - SR</i>	Spinning® <i>Varies - SR</i>		Spinning® <i>Sara - SR</i>		
5:30 - 6:30pm		Vinyasa 1/2 <i>Julie G - YP</i>				
5:45 - 6:30pm			POUND® <i>Mary - AR</i>			
6:30 - 7:30pm	Zumba® <i>Laura - MG</i>		Zumba® <i>Varies - MG</i>			
6:40 - 7:40pm	Kung Fu <i>Jon - AR</i>			Kung Fu <i>Jon - AR</i>		
					SATURDAY	W E E K E N D
7:30 - 8:15am					Spinning® <i>varies - SR</i>	
9:45 - 10:45am					Zumba® <i>Amber - AR</i>	
					SUNDAY	
10:30 - 12:00pm					Spinning® <i>Sara - SR</i>	

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

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FINELY AGED CLASSES: JANUARY 2 - JUNE 2, 2018

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	Fitness Boost <i>Teresa - LG</i>		Fitness Boost <i>DiAnne - LG</i>		Fitness Boost <i>Christine - LG</i>

WATER CLASSES: JANUARY 2 - JUNE 2, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30am	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Suzie - VP</i>	Aqua Boot Camp <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

JANUARY 2 - JUNE 2, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30am		People on Weights		People on Weights	
9:30 - 10:00am	Power Express				Power Express
6:00 - 6:45pm			Tread45		

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