

# SHEBOYGAN YMCA FITNESS SCHEDULE

## LAND CLASSES: JANUARY 2 - JUNE 1, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am			Kick Start <i>Sarah - AR</i>		Kick Start <i>Sarah - AR</i>
5:45 - 6:30am	Power Flow <i>Julie - YP</i>		Power Flow <i>Julie - YP</i>		
5:45 - 6:30am	Spinning® <i>Tony - SR</i>		Spinning® <i>Tony - SR</i>		Spinning® <i>Mary - SR</i>
5:45 - 6:45am		Ultimate Boot Camp <i>Erika - AR</i>		Ultimate Boot Camp <i>Erika - AR</i>	
7:00 - 7:45am	Slow Flow Yoga <i>Stacy - YP</i>				Slow Flow 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>			
8:45 - 9:30am		RIPPED <i>Michelle - AR</i>			
9:00 - 9:45am				Barre <i>Dawn - YP</i>	HIIT/SPINinterval <i>Sarah - SR</i>
9:00 - 10:00am	Zumba® <i>Dawn - AR</i>		Zumba® <i>Dori - AR</i>		Zumba® <i>Dawn - AR</i>
9:15 - 10:15am	Slow Flow Yoga <i>Tiffany - YP</i>	Vinyasa 1 <i>Katie - YP</i>	Slow Flow Yoga <i>Tiffany - YP</i>		Vinyasa 1 <i>Jessica - YP</i>
9:45 - 10:30am		Qigong <i>Jon - MPR</i>		Qigong <i>Jon - MPR</i>	
10:45 - 11:30am		Tai Chi <i>Jon - MPR</i>		Tai Chi <i>Jon - MPR</i>	
12:10 - 12:55pm	Boot Camp <i>Michelle - AR</i>		Boot Camp <i>Steph - AR</i>	Kettlebells <i>Steph - AR</i>	Boot Camp <i>Michelle - AR</i>
12:15 - 1:00pm		BODYPUMP™ <i>Michelle - AR</i>			
5:00 - 6:00pm			Slow Flow Yoga <i>Tiffany - YP</i>		
5:00 - 6:00pm			BODYPUMP™ <i>Michelle - AR</i>		
5:15 - 5:55pm	Boot Camp <i>Jessica - LG</i>				
5:30 - 6:30pm	Pilates <i>Clare - AR</i>			Zumba®/HIIT <i>Amber - AR</i>	
5:30 - 6:30pm	Spinning® <i>Phil - SR</i>	Spinning® <i>Geoff - SR</i>		Spinning® <i>Sara - SR</i>	
5:30 - 6:30pm		Power Flow <i>Amanda - YP</i>		Yoga Balance <i>Amanda - YP</i>	
5:45 - 6:30pm		Tabata <i>Steph - AR</i>			
6:00 - 7:00pm	Kung Fu <i>Jon - YP</i>	REMIX <i>Kristi/Michelle - EG</i>	POUND® <i>Mary - AR</i>		
6:30 - 7:30pm	Zumba® <i>Laura - MG</i>		↑ ends at 6:45pm		
7:00 - 7:45pm			Kick `n` Lift <i>Michelle - AR</i>		
		SATURDAY		SUNDAY	
		7:30 - 8:15am	Spinning® <i>varies - SR</i>	10:30am -12:00pm	Spinning® <i>Sara - SR</i>
	starts on 1/12 →	9:00 - 10:00am	Power Flow <i>Julie - YP</i>		
		9:00 - 10:00am	Zumba® <i>Amber - AR</i>		

## SHEBOYGAN YMCA FITNESS SCHEDULE

### FINELY AGED CLASSES: JANUARY 2 - JUNE 1, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:15am		Silver Sneakers Classic <i>Mike - LG</i>		Silver Sneakers Classic <i>Ashley - LG</i>	
8:30 - 9:30am	Fitness Boost <i>Teresa - LG</i>		Fitness Boost <i>DiAnne - LG</i>		Fitness Boost <i>Steph - LG</i>

### WATER CLASSES: JANUARY 2 - JUNE 1, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30am	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Kara - VP</i>	Aqua Boot Camp <i>VP</i>	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Amy - 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>	
1:30 - 2:30pm	Arthritis Aquatics <i>Kara - GP</i>		Arthritis Aquatics <i>Kara - GP</i>		

### LAKEVIEW CLASSES: JANUARY 2 - JUNE 1, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30am		People on Weights <i>Steph - LV</i>		People on Weights <i>Teresa - LV</i>	
6:00 - 6:45pm			Tread45 <i>Steph - LV</i>		

#### FITNESS CLASS INFORMATION

- **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 in the brochure.
- **The fitness schedule is subject to change based on attendance and/or demand.**

#### 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 FALLS YMCA FITNESS SCHEDULE

## JANUARY 2 - JUNE 1, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:00am	BODYPUMP™ <i>Julie</i>	HIIT <i>Jessica</i>	Boot Camp <i>Miranda</i>	CXWORX™ <i>Julie</i>	
5:30 - 6:15am	Jump Start <i>James</i>	Spinning® <i>James</i>		Spinning® <i>James</i>	BODYPUMP™ <i>Evan</i>
6:00 - 6:30am	CXWORX™ <i>Julie</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	Silver Sneakers Classic - <i>Jen</i>	Silver Sneakers Circuit - <i>Teresa</i>	Silver Sneakers Classic - <i>Jen</i>	Silver Sneakers Classic - <i>Kayla</i>	Silver Sneakers Yoga - <i>Sara</i>
8:00 - 8:45am		BODYPUMP™ <i>Jen</i>			
9:00 - 9:45am		Spinning® <i>Jen</i>		Spinning® <i>Jen</i>	
9:00 - 10:00am				REMIX <i>Kristi</i>	Slow Flow Yoga <i>Alicia</i>
9:00 - 10:00am			BODYPUMP™ <i>Jen</i>		BODYPUMP™ <i>Jen</i>
9:15 - 10:00am	RIPPED <i>Michelle</i>	Barre <i>Dawn</i>			
9:15 - 10:15am	Power Yogalates <i>Brenda</i>		Power Yogalates <i>Brenda</i>		
10:10 - 10:50am		Strength & Pilates <i>Kayla</i>		Strength & Pilates <i>Kayla</i>	
12:10 - 12:55pm	Pulse, Sculpt, Flow <i>Kayla</i>	Boot Camp <i>Kayla</i>	Total Conditioning <i>Ashley</i>	Barre <i>Mandy</i>	Pilates <i>Kayla</i>
5:30 - 6:30pm	BODYPUMP™ <i>Jen</i>		BODYPUMP™ <i>Evan</i>	REMIX <i>Kristi</i>	
5:45 - 6:30pm		POUND® <i>Mary</i>		↑ ends at 6:15pm	
6:00 - 6:45pm			Slow Flow Yoga <i>Amy</i>		
6:15 - 7:15pm					Fitness Frenzy <i>varies</i>
6:45 - 7:30pm	Barre <i>Dawn</i>				
					<b>SATURDAY</b>
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 in the brochure.
- **Fitness schedule is subject to change based on attendance and/or demand.**