

## SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

SEPTEMBER 1 - OCTOBER 2, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am		Spinning® <i>James - Gym</i>		Spinning® <i>James - Gym</i>	
5:30 - 6:30am			BODYPUMP™ <i>Replay - MPR</i>		BODYPUMP™ <i>Replay - MPR</i>
7:00 - 7:45am	Back to Basics <i>James - MPR</i>			Back to Basics <i>James - MPR</i>	Healthy Strides <i>James - Outside</i>
8:00 - 8:45am	Silver Sneakers <i>Jen - Gym/Zoom*</i>	Silver Sneakers <i>Dan - Gym/Zoom*</i>	Silver Sneakers <i>Jen - Gym/Zoom*</i>	Silver Sneakers <i>Dan - Gym/Zoom*</i>	Silver Sneakers <i>Yoga - Sara/Gym</i>
9:00 - 10:00am		Barre <i>Dawn - MPR</i>		Boot Camp/Tabata <i>Charmain - MPR</i>	
9:00 - 10:00am		Spinning® <i>Jen - Gym</i>	BODYPUMP™ <i>Jen - MPR</i>	Spinning® <i>Jen - Gym</i>	BODYPUMP™ <i>Jen - MPR</i>
9:15 - 10:15am	Power Yogalates <i>Brenda - MPR</i>				
10:15 - 11:00am				Butts 'n Guts <i>Jen - MPR</i>	
12:10 - 12:55pm	Boot Camp <i>Charmain - MPR</i>	Boot Camp <i>Ashley - MPR</i>	Total Conditioning <i>Ashley - MPR</i>	BODYPUMP™ <i>Jen - MPR</i>	Slow Flow Yoga <i>Replay - MPR</i>
5:30 - 6:15pm		Pound <i>Mary - MPR</i>		Barre <i>Amber - MPR</i>	
5:30 - 6:30pm	BODYPUMP™ <i>Jen - MPR</i>		BODYPUMP™ <i>Jen - MPR</i>		

### WE ARE WAIVING SPECIALTY FITNESS FEES FOR THE REMAINDER OF 2020!

There are no specialty fitness fees for the rest of 2020, a savings of \$40.00! That means ALL fitness classes are included with your membership! You can enjoy MORE of the classes you love, including all the specialty classes listed in **RED** without paying an extra fee!

- **Due to COVID-19 guidelines, class sizes are reduced. Please sign up monthly at the desk until further notice or call 920-467-2464 in advance to confirm there is room in a class.**
- **Location is noted under each class: Gym = gymnasium, MPR = multi-purpose room.**
- **Replay:** means it will be a pre-recorded class played in the MPR. Please observe social distancing in these classes.
- **Zoom:** Silver Sneakers has a Zoom option for the Monday - Thursday classes. Email Jen at [jkovacs@sheboygancountyyymca.org](mailto:jkovacs@sheboygancountyyymca.org) for the meeting ID and password.
- **Fitness schedule is subject to change based on attendance and/or demand.**

## SHEBOYGAN YMCA FITNESS SCHEDULE

SEPTEMBER 14 - OCTOBER 3, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am					Bodyweight Boot Camp <i>Lillian - AR</i>
5:45 - 6:30am	Power Flow Yoga <i>Julie - AR</i>		Power Flow Yoga <i>Julie - AR</i>		
5:45 - 6:45am		Ultimate Boot Camp <i>Erika - Outside</i>		Ultimate Boot Camp <i>Erika - Outside</i>	
8:00 - 8:45am	Aqua Fitness <i>Sue - VP</i>		Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Amy - VP</i>
8:00 - 9:00am		Strength/Pilates <i>Sara - AR</i>		Strength/Pilates <i>Sara - AR</i>	
8:30 - 9:30am	Silver Sneakers <i>Clint - LG</i>		Silver Sneakers <i>DiAnne - LG</i>		Silver Sneakers Yoga <i>DiAnne - LG</i>
9:00 - 10:00am	<b>BODYPUMP™</b> <i>Michelle - AR</i>				Zumba® <i>Michelle - AR</i>
9:15 - 10:00am		RIPPED <i>Michelle - AR</i>		Barre <i>Dawn - AR</i>	
10:00 - 11:00am			Slow Flow Yoga <i>Amy - AR</i>		
10:15 - 11:00am		<b>Qigong</b> <i>Jon - AR</i>		<b>Tai Chi</b> <i>Jon - AR</i>	
12:10 - 12:55pm	Boot Camp <i>Michelle - AR/Outside</i>		Boot Camp <i>Heather - AR/Outside</i>	Boot Camp <i>Heather - AR/Outside</i>	Cycle & Strength <i>Michelle - SR</i>
5:00 - 6:00pm	<b>Tai Chi</b> <i>Jon - YP/Outside</i>				
5:30 - 6:15pm			Pound <i>Mary - AR/Zoom*</i>		
5:30 - 6:30pm	Pilates <i>Clare - AR/Zoom*</i>	<b>BODYPUMP™</b> <i>Michelle - AR</i>	Pilates <i>Clare - Zoom*</i>	Slow Flow Yoga <i>Tiffany - YP</i>	
5:30 - 6:30pm		Power Flow Yoga <i>Peggy - YP/Outside</i>			
6:00 - 6:30pm				Zumba® <i>Kate - Zoom*</i>	
6:30 - 7:30pm	Zumba® <i>Kate - AR/Zoom*</i>		Zumba® <i>Amanda - AR</i>		
					<b>SATURDAY</b>
				8:30 - 9:30am	Pilates <i>Clare/Amy - AR</i>

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- **Due to COVID-19 guidelines, class sizes are reduced. Please sign up monthly at the desk until further notice or call 920-451-8000 in advance to confirm there is room in a class.**
- **Zoom:** These classes have Zoom option. Email Michelle at mbustamante@sheboygancountyyymca.org for meeting ID/password.
- **Fitness schedule is subject to change based on attendance and/or demand.**

#### Class Location Key

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