

## SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

OCTOBER 5 - OCTOBER 31, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am	Butts `n Guts <i>Madeline - MPR</i>	Spinning® <i>James - Gym</i>		Spinning® <i>James - Gym</i>	Butts `n Guts <i>Madeline - MPR</i>
7:00 - 7:45am	Back to Basics <i>James - MPR</i>			Back to Basics <i>James - MPR</i>	Healthy Strides <i>James - MPR</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 Yoga - <i>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>Ashley S - MPR</i>	Spinning® <i>Jen - Gym</i>	BODYPUMP™ <i>Jen - MPR</i>
9:15 - 10:15am	Power Yogalates <i>Brenda - MPR/Zoom*</i>				
10:15 - 11:00am		Slow Flow Yoga <i>Replay - MPR</i>		Butts `n Guts <i>Jen - MPR</i>	
12:10 - 12:55pm	Boot Camp <i>Charmain - MPR</i>	Boot Camp <i>Ashley R - MPR</i>	Total Conditioning <i>Ashley R - 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>		
					SATURDAY
				8:00 - 9:00am	BODYPUMP™ <i>Varies - MPR</i>

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

**There are no specialty fitness fees for the rest of 2020, which 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:** These classes have a Zoom option. 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

OCTOBER 1 - OCTOBER 31, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am					Bodyweight Boot Camp <i>Lillian - AR</i>
5:45 - 6:30am			Spinning® <i>Jason - SR</i>		Spinning® <i>Mary - SR</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	BODYPUMP™ <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		Qigong <i>Jon - AR</i>		Tai Chi <i>Jon - AR</i>	
12:10 - 12:55pm	Boot Camp <i>Michelle - AR</i>		Boot Camp <i>Heather - AR/Outside</i>	Boot Camp <i>Heather - AR/Outside</i>	Cycle & Strength <i>Michelle - SR</i>
1:30 - 2:30pm		Silver Sneakers <i>Mike - LG</i>			
5:00 - 6:00pm	Tai Chi <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>	BODYPUMP™ <i>Michelle - AR</i>	Pilates <i>Clare - Zoom*</i>	Slow Flow Yoga <i>Tiffany - YP</i>	
5:30 - 6:30pm	Spinning® <i>Jason - SR</i>			Spinning® <i>Sara - SR</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](mailto: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