

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

JANUARY 3 – FEBRUARY 27, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am	Butts `n Guts <i>Maddy - MPR</i>	Indoor Cycling <i>James - SPY</i>		Indoor Cycling <i>James - SPY</i>	Butts `n Guts <i>Maddy - MPR</i>
7:00 - 7:45am	Back to Basics <i>James - MPR</i>				Back to Basics <i>James - MPR</i>
8:00 - 8:45am	Silver Sneakers <i>DiAnne - 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		Boot Camp/Tabata <i>Charmain - MPR</i>		Boot Camp/Tabata <i>Charmain - MPR</i>	
9:00 - 10:00am		Indoor Cycling <i>Jen - SPY</i>	BODYPUMP™ <i>Jen - MPR</i>	Indoor Cycling <i>Brenda: SPY</i>	BODYPUMP™ <i>Jen - MPR</i>
9:15 - 10:15am	Power Yogalates <i>Brenda - GYM/Zoom</i>		Power Yogalates <i>Brenda - GYM/Zoom</i>		
10:15 - 11:00am				Butts `n Guts <i>Charmain - MPR</i>	
10:15 - 11:00am		Slow Flow Yoga <i>Replay - SPY</i>		Slow Flow Yoga <i>Replay - SPY</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>		Slow Flow Yoga <i>Replay - SPY</i>
5:30 - 6:15pm				Barre <i>Amber - MPR</i>	Friday Fitness Mix <i>Varies - MPR</i>
5:30 - 6:30pm	BODYPUMP™ <i>Jen - MPR</i>	POUND® <i>Mary - MPR</i>	BODYPUMP™ <i>Jen - MPR</i>		
6:15 - 7:00pm		Slow Flow Yoga <i>Jenny - Zoom Only</i>			
					SATURDAY
				8:00 - 9:00am	BODYPUMP™ <i>Varies - MPR</i>
				9:15 - 10:00am	Matrix Ride <i>Varies - SPY</i>

ALL FITNESS CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP!

- **Location is noted under each class: GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room.**
Please note: any OUTSIDE classes will be held in the SPY or MPR if there is inclement weather.
- **Zoom:** These classes have a Zoom option. Please call the Welcome Desk at 920-467-2464 weekdays between 7:30am - 5:30pm for the meeting ID and password.
- **Replay:** will be a pre-recorded class played in the SPY.
- **Fitness schedule is subject to change based on attendance and/or demand.**

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:30am	Spinning® Tony - GC		Matrix Ride Jason - GC		
5:45 - 6:45am	Power Flow Yoga Julie - SA	Ultimate Boot Camp Erika - Outside	Power Flow Yoga Julie - SA	Ultimate Boot Camp Erika - Outside	
8:00 - 9:00am		Strength/Pilates Sara - AS		Strength/Pilates Sara - AS	
8:30 - 9:30am	Aqua Fitness Sue - VP		Aqua Fitness Amy - VP	Aqua Fitness Sue - VP	Aqua Fitness Amy - VP
8:30 - 9:30am	Silver Sneakers Clint - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers DiAnne - LG	Silver Sneakers Mike - LG	Silver Sneakers Yoga DiAnne - LG
8:30 - 9:30am		Women on Weights Ann - LV		Women on Weights Ann - LV	
9:00 - 9:45am		Slow Flow Yoga Jessica - SA	RIPPED Michelle - AS	Sprint 8 + Weight Michelle - GC	
9:00 - 10:00am	BODYPUMP™ Michelle - AS				Zumba® Michelle - AS
9:00 - 10:15am	Zumba® Elizabeth - MPR	LIVESTRONG® MP			
9:30 - 10:30am	↑ Starts 1/17 Class ends at 10am	Zumba® Elizabeth - AS			
9:45 - 10:45am			Slow Flow Yoga Amy - SA		
10:00 - 10:30am					Friday Fab Abs Charmain - AR
10:15 - 11:00am		Qigong Jon - MP		Tai Chi Jon - MP	
10:00 - 11:00am				Slow Flow Yoga Amy - SA	
10:30 - 11:00am		Ai Chi Sandy - GP		Ai Chi Sandy - GP	
10:30 - 11:30am	Arthritis Aquatics Brayden - GP				Arthritis Aquatics Brayden - GP
11:00 - 12:00pm		Arthritis Aquatics Sandy - GP		Arthritis Aquatics Sandy - GP	
12:10 - 12:55pm	Boot Camp Michelle - AS	Boot Camp Heather - AS		Boot Camp Heather - AS	Cycle & Strength Michelle - GC
12:15 - 12:45pm			Matrix Ride Express Amanda - GC		
5:00 - 6:00pm	Tai Chi Jon - MP				
5:30 - 6:30pm	Pilates Clare - AS	BODYPUMP™ Michelle - AS		POUND® Mary - AS	
5:30 - 6:30pm	Matrix Ride Jason - GC	Slow Flow Yoga Tiffany - SA		Spinning® Sara - GC	
5:45 - 6:30pm			Matrix Ride Heather - GC		
6:30 - 7:30pm				BODYPUMP™ Replay - AS	SATURDAY
				8:30 - 9:30am	Pilates Clare/Amy - AS
			3 rd & 4 th Saturday →	9:00 - 10:00am	Zumba® Kate - MG
				9:00 - 10:15am	LIVESTRONG® MP
					SUNDAY
				10:30 - 12:00pm	Spinning® Sara - GC

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- **Replay:** a pre-recorded class will be played.
- Fitness schedule subject to change based on attendance or demand.

revised 12/16/21

Class Location Key

AS = Aerobic Studio	LV = Lakeview Center
EG = East Gym	MG = Muth Gym
GC = Group Cycling Studio	MP = Multi-Purpose Room
GP = Garton Pool	SA = Studio A
LG = Lohmann Gym	VP = Verhulst Pool