

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

June 6 – September 3, 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>Pam – SPY</i>		Slow Flow Yoga <i>Pam – 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>
4:00 – 5:00 pm				Zumba® <i>Elizabeth – MPR</i>	
5:30 – 6:15pm		Boot Camp/Tabata <i>Amber – MPR</i>		Barre <i>Amber – MPR</i>	Friday Fitness Mix <i>Varies – MPR</i>
5:30 - 6:30pm	BODYPUMP™ <i>Jen – MPR</i>		BODYPUMP™ <i>Jen – MPR</i>		
6:15 - 7:00pm		Slow Flow Yoga <i>Jenny - Zoom</i>			SATURDAY
Class Location Key					
GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				8:00 - 9:00am	BODYPUMP™ <i>Varies – MPR</i>
Please note: any OUTSIDE classes will be held in the SPY or MPR if there is inclement weather.				9:15 – 10:00am	Matrix Ride <i>Varies – SPY</i>

ALL FITNESS CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP, INCLUDING THOSE AT YMCA AT BERKSHIRE COMMUNITY GYMNASIUM (former Sheboygan Falls Middle School – 101 School Street, Sheboygan Falls)!

- 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, or email jkovacs@sheboygancountnymca.org.
- Replay:** will be a pre-recorded class played in the SPY.
- Fitness schedule is subject to change based on attendance and/or demand.**

YMCA AT BERKSHIRE COMMUNITY GYMNASIUM FITNESS SCHEDULE

June 6 – September 3, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:30am			No Classes at Berkshire Today		Intro to Exercise <i>Jen</i>
9:00 - 9:45am	Senior Fitness <i>DiAnne</i>				
11:15 - 12:00pm		Chair Yoga <i>Sara</i>		Chair Yoga <i>Sara</i>	

Berkshire class descriptions:

Chair Yoga will move your body through a complete series of seated and standing yoga poses. None of the moves are done on the floor.

Intro to Exercise is a beginner class that is low impact and low intensity. Modifications in movements and tempos make this the perfect class for those who have been inactive for a while and are looking to get started with a strength and cardio workout.

Senior Fitness will combine elastic tubing, weights and a small ball to increase muscle strength and cardiovascular endurance for a complete, well-rounded workout.

SHEBOYGAN YMCA FITNESS SCHEDULE

May 26 – September 3, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:45am	Power Flow Yoga <i>Julie - SA</i>	Ultimate Boot Camp <i>Erika - AS</i>	Power Flow Yoga <i>Julie - SA</i>	Ultimate Boot Camp <i>Erika - AS</i>	
8:00 - 9:00am		Strength/Pilates <i>Sara - AS</i>		Strength/Pilates <i>Sara - AS</i>	
8:30 - 9:30am	Aqua Fitness <i>Sue - VP</i>		Aqua Fitness <i>Amy - VP</i>	Aqua Fitness <i>Sue - VP</i>	Aqua Fitness <i>Amy - VP</i>
8:30 - 9:30am	Silver Sneakers <i>Clint - LG</i>	Silver Sneakers <i>Elizabeth - LG</i>	Silver Sneakers <i>DiAnne - LG</i>	Silver Sneakers <i>Mike - LG</i>	Silver Sneakers Yoga <i>DiAnne - LG</i>
9:00 - 9:45am		Slow Flow Yoga <i>Jessica - SA</i>	RIPPED <i>Michelle - AS</i>	Sprint 8 + Weight <i>Michelle - GC</i>	
9:00 - 10:00am	PUMP <i>Michelle - AS</i>				Dance Fitness <i>Michelle - AS</i>
9:00 - 10:15am	Zumba® <i>Elizabeth - SA</i>	LIVESTRONG® AS			
9:30 - 10:30am		Zumba® <i>Elizabeth - AS</i>			
9:45 - 10:45am			Slow Flow Yoga <i>Amy - SA</i>		
10:00 - 11:00am				Slow Flow Yoga <i>Amy - Outdoors</i>	
10:15 - 11:00am		Qigong <i>Jon - Outside/SA</i>		Tai Chi <i>Jon - Outside/SA</i>	
10:30 - 11:00am		Ai Chi <i>Sandy - GP</i>		Ai Chi <i>Sandy - GP</i>	
10:30 - 11:30am	Arthritis Aquatics <i>Brayden - GP</i>				Arthritis Aquatics <i>Brayden - GP</i>
11:00 - 12:00pm		Arthritis Aquatics <i>Sandy - GP</i>		Arthritis Aquatics <i>Sandy - GP</i>	
12:10 - 12:55pm	Boot Camp <i>Michelle - AS</i>	Boot Camp <i>Heather - AS</i>		Boot Camp <i>Heather - AS</i>	Cycle & Strength <i>Michelle - GC</i>
12:15 - 12:45pm			Matrix Ride Express <i>Heather - GC</i>		
12:35 - 1:05pm			NEW! Zumba® Express <i>Elizabeth - AS</i>		
5:00 - 6:00pm	Tai Chi <i>Jon - Outside/SA</i>				
5:15 - 5:45pm			Matrix Ride Express <i>Heather - GC</i>		
5:30 - 6:30pm	Pilates <i>Clare - AS</i>	PUMP <i>Michelle - AS</i>	Advanced Core Strength <i>Clare - AS</i>		
5:30 - 6:30pm		Slow Flow Yoga <i>Tiffany - SA</i>			
5:45 - 6:30pm					
6:30 - 7:30pm			Zumba® <i>Ada - SA</i>	PUMP <i>Replay - AS</i>	
					SATURDAY
				8:30 - 9:30am	Advanced Core Strength <i>Clare - AS</i>
				9:00 - 10:15am	LIVESTRONG® <i>EG</i>

ALL FITNESS CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP!

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

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