



Sheboygan County YMCA Group Fitness Holiday Schedule



Sheboygan

Sheboygan Falls

Monday 12/23

GROUP CYCLE 5:45AM
SILVER SNEAKERS 8:30AM
RIPPED 9AM
DANCE FITNESS 9:30AM
FIT FLOW 9:30AM
BOOTCAMP 12:10PM
ADV CORE STRENGTH 5:30PM
ZUMBA 6:30PM

5:30am STRENGTH CIRCUIT - Maddy
8:00am SILVER SNEAKERS - Diane
9:00am POWER YOGALATES - Abbie
9:00am BODYPUMP - Lindsey
9:15am CUSTOMIZED YOGA - Jenny
5:30pm BODYPUMP - Amber

Tuesday 12/24 (BOTH LOCATIONS CLOSE AT NOON)

ULTIMATE BOOTCAMP 5:45AM
STRENGTH & PILATES 8:00AM

5:30am CYCLE, STRENGTH & STRETCH - Missy
8:00am SILVER SNEAKERS - Diane
8:30am TABATA BOOT CAMP - Charmain
9:00am INDOOR CYCLE - Amber

Wednesday 12/25

BOTH LOCATIONS CLOSED

(24/7 IS ACCESSIBLE FOR MEMBERS WHO SUBSCRIBE TO 24/7 MEMBERSHIP)

MERRY CHRISTMAS

Thursday 12/26

(SHEBOYGAN OPENS AT 5AM, FALLS OPENS 8AM)

ULTIMATE BOOTCAMP 5:45AM
STRENGTH & PILATES 8:00AM
SILVER SNEAKERS 8:30AM
BARRE 9:15AM
BOOTCAMP 12:10PM

8:30am TABATA BOOT CAMP - Charmain
9:00am INDOOR CYCLE - Amber
9:45am BUTTS n GUTS - Abbie
5:30pm BARRE - Amber

Friday 12/27

GROUP CYCLE 5:45AM
CYCLE & STRENGTH 12:10PM
ZUMBA 6:00PM

8:00am SILVER SNEAKERS YOGA - Sara
9:00am BODYPUMP - Amber
9:30am FITFLOW - Charity
5:30pm BODYPUMP - REPLAY

Saturday 12/28

ADV CORE STRENGTH 8:30AM

9:15am MATRIX RIDE - Charity



Sheboygan County YMCA Group Fitness Holiday Schedule



Sheboygan

Sheboygan Falls

Sunday 12/29

GROUP CYCLE 10:00AM

Monday 12/30

GROUP CYCLE 5:45AM
POWER FLOW YOGA 6:00AM
RIPPED 9:00AM
DANCE FITNESS 9:30AM
FIT FLOW 9:30AM
BOOTCAMP 12:10PM
ADV CORE STRENGTH 5:30PM
ZUMBA 6:30PM

5:30am STRENGTH CIRCUIT - Maddy
8:00am SILVER SNEAKERS - Diane
9:00am POWER YOGALATES - Abbie
9:00am BODYPUMP - Lindsey
9:15am CUSTOMIZED YOGA - Jenny
5:30pm BODYPUMP - Amber

Tuesday 12/31 (BOTH LOCATIONS CLOSE AT 4PM)

ULTIMATE BOOTCAMP 5:45AM
STRENGTH & PILATES 8:00AM
BOOTCAMP 12:10PM

5:30am INDOOR CYCLE - Jen
8:00am SILVER SNEAKERS - Jen
8:30am TABATA BOOT CAMP - Charmain
9:00am ESSENTIAL SENIOR FITNESS - Emma
10:00am NOON Year's Eve Fitness Event
(CYCLE, STRENGTH AND YOGA FLOW WITH
MICHELLE, AMBER AND CHARITY)
PRE-REGISTRATION REQUIRED

Wednesday 1/1 HAPPY NEW YEAR

BOTH LOCATIONS CLOSED

(24/7 IS ACCESSIBLE FOR MEMBERS WHO SUBSCRIBE TO 24/7 MEMBERSHIP)

Thursday 1/2

(BOTH LOCATIONS OPEN REGULAR HOURS)

ULTIMATE BOOTCAMP 5:45AM
STRENGTH & PILATES 8:00AM
SILVER SNEAKERS 8:30AM
BARRE 9:15AM
BOOTCAMP 12:10PM

RESUME REGULAR CLASSES

Friday 1/3

GROUP CYCLE 5:45AM
DANCE/KICK/LIFT 9:00AM
CYCLE & STRENGTH 12:10PM
ZUMBA 6:00PM

RESUME REGULAR CLASSES

Saturday 1/4

ADV CORE STRENGTH 8:30AM

RESUME REGULAR CLASSES