

# FALLS YMCA SUMMER FITNESS EVENTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MEMORIAL DAY WEEKEND CLASS QUARTET

**SATURDAY, MAY 24, 2025, 8:00-11:00AM**

**Age 18 & Older**

The YMCA is closed on Memorial Day, Monday, May 26th. Get ahead of your workout on Saturday! Our talented instructors will leave no muscle group untouched with this exciting workout event! Attend all four workouts or pick and choose whichever workouts speak to you to tailor to your level of ambition and challenge!

- BodyPump - 8:00-9:00am
- Team Matrix Ride - 9:15-10:15am
- Glutes and Core Essentials - 10:25-10:40am
- Yoga Cooldown - 10:45-11:00am

**Pre-register by Friday May 23rd** to reserve your spot!

Sheboygan County Y Member	\$5.00
Non-Member	\$10.00

## INTRO TO YOGA, CHAKRAS, AND CRYSTALS (AND HOW THEY RELATE TO ONE ANOTHER IN YOGA FLOW)

**SATURDAY YOGA SERIES  
JULY 12 - AUGUST 9, 2025**

**Age 18 & Older**

In this 5 week class, you will learn basic yoga principles and guidelines, basics of the 7 chakras/colors, and the basics of crystals and how all three can relate to one another. Each week will incorporate a new chakra and coordinated crystal into a yoga flow, with the intent to open each chakra through movement, breath, and crystal healing. This is a 1-hour class with approximately 50 mins of a yoga flow. The 7 chakra crystals (rainbow moonstone, amethyst, lapis lazuli, green aventurine, citrine, carnelian, red jasper) are included and are yours to keep. This introduction will give you a deeper understanding and connection to yoga, chakras, and crystals.

Saturday ..... 10:00am - 11:00am

Sheboygan County Y Member	\$20.00
Non-Member	\$40.00



## POWER PLATE® DEMONSTRATION WEDNESDAY, JUNE 18, 2025

**MONDAY, JULY 21, 2025**

**THURSDAY, AUGUST 14, 2025**

**Age 18 & Older**

Join personal trainer Emma at the Sheboygan Falls YMCA while she demonstrates all the powerful benefits of this vibrating platform including increased speed of fat burn, tighter skin, increased strength, increased circulation, improved core strength, increased muscle activation, improved bone strength through increased bone density, improved balance and flexibility. **Pre-registration required.**



Wednesday, June 18 .....	8:45am
Monday, July 21 .....	9:00am
Thursday, August 14 .....	5:30pm

Sheboygan County Y Member	Free
Non-Member	\$8.00

## ROLL WITH IT MONTHLY FOAM ROLLER WORKSHOP MAY 27, 2025

**JUNE 24, 2025**

**JULY 29, 2025**

**AUGUST 26, 2025**

**Age 18 & Older**

Join DiAnne for this foam roller workshop that will stretch deep into your muscles for maximum relief and recovery. Pre-register to reserve your spot. Class will be held in Cycle/Yoga Studio at Sheboygan Falls YMCA. **Limit of 8 people**



Tuesday ..... 6:30 - 7:00pm

Sheboygan County Y Member	Free
Non-Member	\$5.00

**Email form to: [jkovacs@sheboygancountyyymca.org](mailto:jkovacs@sheboygancountyyymca.org)**

## FALLS YMCA 2025 SUMMER FITNESS EVENTS

Please return to Welcome Desk at the Sheboygan Falls YMCA

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ ☐ M ☐ F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_ Email \_\_\_\_\_

### Hold Harmless Agreement

I hereby agree to waive any claim or liability I may have on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims brought against the YMCA, its members and volunteers, on account of death, injury, or damage to persons or property received by any persons by reason of the acts or omissions of the users in their use. I also agree to waive any claims against the YMCA, its members and volunteers for injuries or damages that may result from the conduct of other persons, including participants in the program. I understand the above responsibilities and I give permission for myself and/or my child to participate and be photographed in YMCA activities.

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

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Email form to: [jkovacs@sheboygancountyymca.org](mailto:jkovacs@sheboygancountyymca.org)

☒ **Memorial Day Weekend Class Quartet**

Choose the classes you will attend:

- ☐ BodyPump - 8:00-9:00am
- ☐ Team Matrix Ride - 9:15-10:15am
- ☐ Glutes and Core Essentials - 10:25-10:40am
- ☐ Yoga Cooldown - 10:45-11:00am

- ☐ \$5.00 Sheboygan County Y Member
- ☐ \$10.00 Non-Member

☒ **Intro to Yoga, Chakras and Crystals**

- ☐ Free Sheboygan County Y Member
- ☐ \$10.00 Non-Member

☒ **Power Plate Demonstration**

- ☐ June 18
- ☐ July 21
- ☐ August 14

- ☐ \$5.00 Sheboygan County Y Member
- ☐ \$10.00 Non-Member

☒ **Foam Roller Workshop**

- ☐ May 27
- ☐ June 24
- ☐ July 29
- ☐ August 26

- ☐ \$5.00 Sheboygan County Y Member
- ☐ \$10.00 Non-Member

**Payment**

☐ Cash   ☐ Check   ☐ Credit Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

Receipt # \_\_\_\_\_ Amount Paid \_\_\_\_\_ Rec'd By \_\_\_\_\_ Date \_\_\_\_\_