


## Sheboygan Falls Fitness Class Schedule December 22-27, 2025

Monday 12/22/25	Tuesday 12/23/25	Wednesday 12/24/25	Thursday	Friday 12/26/25	Saturday 12/27
5:30-6:15am Strength Circuit Maddy - MPR	5:30-6:15am Cycle, Sculpt, Stretch Missy - SPY	5:30-6:15am BodyPump Express Jen - MPR		OPEN AT 8AM	
7-7:45am Back to Basics Jen - MPR	8-8:45am Silver Sneakers Jen - Gym	7-7:45am Back to Basics Jen - MPR		8-8:45am Silver Sneakers Yoga Sara - GYM	8:00-9:00am BodyPump Amber - MPR
8-8:45am Silver Sneakers Diane - GYM	8:30-9:30am Boot Camp/Tabata Charmain - MPR	8-8:45am Silver Sneakers Mike Burns - GYM	CLOSED	9-10am Power Yogalates Abbie - GYM	
9-10am Power Yogalates Abbie - GYM	9-10am Essential Sr Fitness Emma - GYM	9-10am Power Yogalates Abbie - GYM		9-10am BodyPump Anthony - MPR	9:15-10:15am Matrix Ride Charity - SPY
9-10am BodyPump Jen - MPR	9-10am Indoor Cycling Jen - SPY	9-10am BodyPump Lindsey - MPR		10:15-11:15am Gentle Yoga Aurora - MPR	
10:15-11:15am Gentle Yoga Aurora - MPR	10:30-11:30am Yoga-Barre Blend Aurora - MPR	10:15-11:15am Essential Sr Fitness Emma - MPR			
12:10-12:50pm Boot Camp Jen - MPR	12:10-12:50pm Boot Camp Jen - MPR	CLOSE NOON			
5:30-6:30pm BodyPump Amber - MPR	5:30-6:30pm Tabata Lift Amber - MPR		MERRY CHRISTMAS		
	6-7pm Gentle Yoga Anne - SPY				

## Sheboygan Falls Fitness Class Schedule December 29, 2025-January 3, 2026

Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025	Thursday	Friday 1/2/2026	Saturday 1/3
5:30-6:15am Strength Circuit Maddy - MPR	5:30-6:15am Cycle, Sculpt, Stretch Maddy - SPY	7-7:45am Back to Basics Jen - MPR		OPEN 5AM	
8-8:45am Silver Sneakers Diane - GYM	8-8:45am Silver Sneakers TBD - Gym	8-8:45am Silver Sneakers Jen - GYM	CLOSED	8-8:45am Silver Sneakers Yoga Sara - GYM	8:00-9:00am BodyPump Amber - MPR
9-10am Power Yogalates Abbie - GYM	8:30-9:30am Boot Camp/Tabata Charmain - MPR	9-10am Power Yogalates Abbie - GYM		9-10am Line Dancing Diane - GYM	
9-10am BodyPump Lindsey - MPR	9-10am Essential Sr Fitness Emma - GYM	9-10am BodyPump Lindsey - MPR		9-10am BodyPump Anthony - MPR	9:15-10:15am Matrix Ride Amber - SPY
10:15-11:15am Gentle Yoga Aurora - MPR	10:30-11:30am Yoga-Barre Blend Aurora - MPR	10:15-11:15am Essential Sr Fitness Emma - MPR		9:30-10:30am FitFlow Charity - SPY	
5:30-6:30pm BodyPump Replay - MPR	5:30-6:30pm BodyPump Replay MPR	CLOSE 4PM	HAPPY NEW YEAR	10:15-11:15am Gentle Yoga Aurora - MPR	
	6-7pm Gentle Yoga Anne - SPY	NOON YEARS EVE FITNESS BASH 10am-12pm		5:30-6:30pm Friday Fitness Jen	