

COLOR CODED INTENSITY! USE THIS KEY WHEN CHOOSING THE CLASS THAT'S RIGHT FOR YOU!

****KEEP IN MIND ALL LEVELS CAN BE MODIFIED OR AMPLIFIED TO TAILOR TO YOUR LEVEL.**

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)!

Color Coded Intensity!
RED=High/Advanced
ORANGE=Medium/Intermediate
GREEN=Low/Beginner
BLUE=Finely Aged or Sedentary

| SHEBOYGAN FALLS YMCA FITNESS SCHEDULE | | | | | |
|--|-------------------------------------|---|--|---|------------------------------------|
| January 2 – June 1, 2024 | | | | | |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:30 – 6:15am | Butts `n Guts DiAnne – MPR | Indoor Cycling Maddy – SPY | | Indoor Cycling Maddy – SPY | Butts `n Guts DiAnne – MPR |
| 7:00 – 7:45am | Back to Basics DiAnne – MPR | | Back to Basics Jen – MPR | | Back to Basics DiAnne – MPR |
| 8:00 – 8:45am | Silver Sneakers Diane – GYM/Zoom | Silver Sneakers DiAnne – GYM/Zoom | Silver Sneakers Diane – GYM/Zoom | Silver Sneakers Jen – GYM/Zoom | Silver Sneakers Yoga – Sara/GYM |
| 8:30 – 9:30am | | Boot Camp/Tabata Charmain – MPR | | Boot Camp/Tabata Charmain – MPR | |
| 9:00 – 10:00am | Power Yogalates Abbie – GYM/Zoom | | Power Yogalates Abbie – GYM/Zoom | | Line Dancing Fun Diane – GYM |
| 9:00 – 10:00am | BODYPUMP™ Jen – MPR | Indoor Cycling Jenny – SPY | BODYPUMP™ Jen – MPR | Indoor Cycling Brenda – SPY | BODYPUMP™ Jen – MPR |
| 9:00 – 10:00am | | Essential Senior Fitness Emma – GYM | | Essential Senior Fitness Emma – GYM | |
| 9:15 – 10:00am | Customized Yoga Jenny – SPY | | | | |
| 9:45 – 10:30am | | Butts `n Guts DiAnne – MPR | | Butts `n Guts Charmain/Abbie – MPR | |
| 10:15 – 11:00am | | Slow Flow Yoga Maggie – SPY | | Slow Flow Yoga Maggie – SPY | |
| 10:15 – 11:15am | | | Essential Senior Fitness Emma – MPR | | |
| 12:10 – 12:55pm | Boot Camp Varies – MPR | Boot Camp Varies – MPR | Boot Camp Varies – MPR | Boot Camp Abbie – MPR | Slow Flow Yoga Jenny – SPY |
| 5:30 – 6:15pm | | | | Barre Amber – MPR | Friday Fitness Mix Varies – MPR |
| 5:30 – 6:30pm | BODYPUMP™ Jen – MPR | BODYPUMP™ Replay – MPR | BODYPUMP™ Jen – MPR | | |
| 6:15 – 7:00pm | | | | | SATURDAY |
| Class Location Key | | | | 8:00 – 9:00am | Saturday Strength Varies – MPR |
| GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room | | | | 9:15 – 10:15am | Matrix Ride Varies – SPY |

- **Zoom:** These classes have a Zoom option. Please call the Welcome Desk at 920-467-2464 weekdays between 7:30am – 6:00pm for the meeting ID and password, or email jkovacs@sheboygancountyyymca.org.
- **Fitness schedule is subject to change based on attendance and/or demand.**

| YMCA AT BERKSHIRE COMMUNITY GYMNASIUM FITNESS SCHEDULE | | | | | |
|---|------------------------|----------------|------------------|-----------------|------------------------|
| January 2 – June 1, 2024 | | | | | |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 10:00 – 10:45am | | | | | |
| 10:30 – 11:00am | Sit and Stretch Jen | | | | Sit and Stretch Jen |

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SHEBOYGAN YMCA FITNESS SCHEDULE

January 2 – June 1, 2024

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--------------------------------------|-----------------------------------|-------------------------------------|---|---|
| 5:45 - 6:45am | Group Cycle Tony- GC | Ultimate Boot Camp Erika - AS | Group Cycle Tony- GC | Ultimate Boot Camp Erika - AS | |
| 5:45 - 6:30am | | | Barre Nancy – Studio A | Starts 4/5 -> | Group Cycle Charity-GC |
| 8:00 - 9:00am | | Strength/Pilates Sara - AS | | Strength/Pilates Sara - AS | |
| 8:30 - 9:30am | Aqua Fitness Sue - VP | | Water Aerobics Amy - VP | Aqua Fitness Sue - VP | |
| 8:30 - 9:30am | Silver Sneakers Clint - LG | Silver Sneakers Elizabeth - LG | Silver Sneakers Elizabeth - LG | Silver Sneakers Vicki - LG +15min stretch 75 min class | Silver Sneakers Yoga DiAnne - LG |
| 9:00 - 9:45am | RIPPED Michelle - AS | Slow Flow Yoga Jessica - SA | RIPPED Michelle - AS | TRX Total body blast Michelle-GC *waitlist | Dance, Kick, Lift Michelle - AS |
| 9:00 - 10:00am | | LIVESTRONG® MPR | | | |
| 9:15 - 10:00am | | | | Barre Dawn – MPR | |
| 9:30 - 10:30am | *45mins Dance Fitness Diane- MPR | Zumba® Elizabeth - AS | | | |
| 9:30 - 10:30am | TRX Total body blast Charity - GC | <-- starts 4/1 | | | |
| 10:00 - 11:00am | | | Slow Flow Yoga Amy - SA | Slow Flow Yoga Amy - SA | |
| 10:15 - 11:00am | | Qigong Jon – MPR | | Tai Chi Jon – MPR | |
| 10:30 - 11:00am | | Ai Chi GP | | Ai Chi GP | |
| 10:45 - 11:45am | | | Senior Circuit Vicki- AS *45 min | | Water Aerobics Amy - VP |
| 11:00 - 11:45am | | Cycling Vicki-GC | | | |
| 11:00 - 12:00pm | Arthritis Aquatics GP | Arthritis Aquatics GP | | Arthritis Aquatics GP | Arthritis Aquatics GP |
| 12:10 - 12:55pm | Bootcamp Michelle - AS | Bootcamp Heather - AS | | Boot Camp Heather - AS | Cycle & Strength Michelle - GC |
| 12:15 - 12:45pm | | | Matrix Ride Express Heather - GC | | |
| 5:15 - 5:45pm | *45mins Tai Chi Jon – SA | | Matrix Ride Express Heather – GC | | |
| 5:30 - 6:15pm | | Bootcamp Michelle - AS | | | |
| 5:30 - 6:30pm | Adv Core Strength Clare - AS | Fusion Flow Tiffany – SA | Adv Core Strength Clare - AS | | |
| 6:00 - 7:00pm | | | | | Zumba® Kim - AS |
| 6:30 - 7:30pm | Zumba® Rotation- AS | | Zumba® Ada - AS | SATURDAY | SUNDAY |
| | | | 8:30 - 9:30am | Adv Core Strength Clare - AS | 9:00 – 10:00am Group Cycle Varies – GC |
| | | | 9:00 - 10:00am | LIVESTRONG® MPR | |

| 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 |