

**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**

**June 3 - August 31, 2024**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:15am	BODYPUMP™ Express <i>Erika – MPR</i>	Indoor Cycling <i>Maddy – SPY</i>	BODYPUMP™ Express <i>Erika – MPR</i>	Indoor Cycling <i>Maddy – SPY</i>	Barre <i>Nancy – MPR</i>
7:00 – 7:45am	Back to Basics <i>DiAnne – MPR</i>		Back to Basics <i>Jen – MPR</i>		Back to Basics <i>DiAnne – MPR</i>
8:00 – 8:45am	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>DiAnne – GYM/Zoom</i>	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>Jen – GYM/Zoom</i>	Silver Sneakers Yoga – <i>Sara/GYM</i>
8:30 – 9:30am		Boot Camp/Tabata <i>Charmain – MPR</i>		Boot Camp/Tabata <i>Charmain – MPR</i>	
9:00 – 10:00am	Power Yogalates <i>Abbie – GYM/Zoom</i>		Power Yogalates <i>Abbie – GYM/Zoom</i>		Line Dancing Fun <i>Diane – GYM</i>
9:00 – 10:00am	BODYPUMP™ <i>Jen – MPR</i>	Indoor Cycling <i>Varies – SPY</i>	BODYPUMP™ <i>Jen – MPR</i>	Indoor Cycling <i>Varies – SPY</i>	BODYPUMP™ <i>Jen – MPR</i>
9:00 – 10:00am		Essential Senior Fitness <i>Emma - GYM</i>		Essential Senior Fitness <i>Emma - GYM</i>	
9:15 – 10:00am	Customized Yoga <i>Jenny – SPY</i>				
9:45 – 10:30am		Butts 'n Guts <i>DiAnne – MPR</i>		Butts 'n Guts <i>Charmain/Abbie – MPR</i>	
10:15 – 11:00am		Slow Flow Yoga <i>Pam – SPY</i>	Yin Yoga <i>Pam – SPY</i>	Slow Flow Yoga <i>Pam – SPY</i>	
10:15 – 11:15am			Essential Senior Fitness <i>Emma - MPR</i>		
12:10 – 12:55pm	Boot Camp/Tabata <i>Charmain – MPR</i>	Boot Camp <i>Ashley – MPR</i>	Boot Camp <i>Ashley – MPR</i>	Shred <i>Lauren – MPR</i>	Slow Flow Yoga <i>Maggie – SPY</i>
5:30 – 6:15pm		Tabata Lift <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					<b>SATURDAY</b>

**Class Location Key**

**GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room**

8:00 - 9:00am	BODYPUMP™ <i>Varies - MPR</i>
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- 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](mailto:jkovacs@sheboygancountyyymca.org).
- Fitness schedule is subject to change based on attendance and/or demand.**

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**YMCA AT BERKSHIRE COMMUNITY GYMNASIUM F**

**June 3 – August 31, 2024**

TIME	MONDAY	TUESDAY	WEDNESDAY
10:30 – 11:00am	Sit and Stretch <i>Jen</i>		
11:00 – 11:30am	Modified Tai Chi <i>Jen</i>		

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**SHEBOYGAN YMCA FITNESS SCHEDULE**

**June 3 – August 31, 2024**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:45am		Ultimate Boot Camp <i>Erika - AS</i>	Group Cycle <i>Anna - GC</i>	Ultimate Boot Camp <i>Erika - AS</i>	
5:45 - 6:30am			Barre <i>Nancy - Studio A</i>		Group Cycle <i>Charity - GC</i>
8:00 - 9:00am		Strength/Pilates <i>Sara - AS</i>		Strength/Pilates <i>Sara - AS</i>	
8:30 - 9:30am	Shallow Water Aerobics <i>Sue - VP</i>		Shallow Water Aerobics <i>Amy - VP</i>	Deep Water Aerobics <i>Sue - VP</i>	
8:30 - 9:30am	Silver Sneakers <i>Clint - LG</i>	Silver Sneakers <i>Elizabeth - LG</i>	Silver Sneakers <i>Elizabeth - LG</i>	Silver Sneakers <i>Vicki - LG +15min stretch 75 min class</i>	Silver Sneakers Yoga <i>DiAnne - LG</i>
9:00 - 9:45am	RIPPED <i>Michelle - AS</i>	Slow Flow Yoga <i>Amy - SA</i>	RIPPED <i>Michelle - AS</i>		Dance, Kick, Lift <i>Michelle - AS</i>
9:00 - 10:00am		LIVESTRONG® <i>MG</i>			
9:15 - 10:00am				Barre <i>Dawn - AS</i>	
9:30 - 10:30am	*45mins Dance Fitness <i>Diane- SA</i>	Zumba® <i>Elizabeth - AS</i>			
9:30 - 10:30am	SpinRX <i>Charity - GC</i>				
10:00 - 11:00am				Slow Flow Yoga <i>Amy - outside</i>	
10:15 - 11:00am		Qigong <i>Jon - outside</i>		Tai Chi <i>Jon - outside</i>	
10:30 - 11:00am		Ai Chi <i>GP</i>		Ai Chi <i>GP</i>	
10:45 - 11:45am			Senior Circuit <i>Vicki- AS *45 min</i>		
11:00 - 11:45am					
11:00 - 12:00pm	Arthritis Aquatics <i>GP</i>	Arthritis Aquatics <i>GP</i>		Arthritis Aquatics <i>GP</i>	Arthritis Aquatics <i>GP</i>
12:10 - 12:55pm	Bootcamp <i>Michelle - AS</i>	Bootcamp <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>		
5:15 - 5:45pm	*45mins Tai Chi <i>Jon - SA</i>		Matrix Ride Express <i>Heather - GC</i>		
5:30 - 6:15pm		Bootcamp <i>Michelle - AS</i>			
5:30 - 6:30pm	Adv Core Strength <i>Clare - AS</i>	Fusion Flow <i>Tiffany - SA</i>	Adv Core Strength <i>Clare - AS</i>		
6:00 - 7:00pm					Zumba® <i>Kim - AS</i>
6:30 - 7:30pm	Zumba® <i>Rotation- AS</i>		Zumba® <i>Ada - AS</i>	<b>SATURDAY</b>	<b>SUNDAY</b> 1 <sup>st</sup> /3 <sup>rd</sup> SUN of month

**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

8:30 - 9:30am	Adv Core Strength <i>Clare - AS</i>	9:00 - 10:00am	LIVESTRONG® <i>MPR</i>	9:00 - 10:00am Group Cycle <i>Charity - GC</i>