

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.**

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

| SHEBOYGAN FALLS YMCA FITNESS SCHEDULE | | | | | |
|---------------------------------------|--|---|---|---|---|
| April 1 – 30, 2025 | | | | | |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:30 – 6:15am | Strength Circuit <i>Maddy – MPR</i> | Cycle, Sculpt & Stretch <i>Missy – SPY</i> | BODYPUMP™ Express <i>Jen – MPR</i> | Indoor Cycling <i>Jesse – SPY</i> | Strength Circuit <i>Maddy – MPR</i> |
| 7:00 – 7:45am | Back to Basics <i>Jen – MPR</i> | NO CLASS April 7 | Back to Basics <i>Jen – MPR</i> | | |
| 8:00 – 8:45am | Silver Sneakers <i>Diane – GYM/Zoom</i> | Silver Sneakers <i>Jen – 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 <i>Diane – GYM</i> |
| 9:00 – 10:00am | BODYPUMP™ <i>Erika – MPR</i> | Indoor Cycling <i>Jenny – SPY</i> | BODYPUMP™ <i>Lindsey – MPR</i> | Indoor Cycling <i>Jen – SPY</i> | BODYPUMP™ <i>Anthony – 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> | | | | |
| 9:30 – 10:30am | | | | | Yogalates/FitFlow <i>Abbie – SPY</i> |
| 9:45 – 10:30am | | | | Butts 'n Guts <i>Abbie – MPR</i> | |
| 10:15 – 11:00am | | | | Slow Flow Yoga <i>Maggie – SPY</i> | |
| 10:15 – 11:15am | | | Essential Senior Fitness <i>Emma – MPR</i> | | |
| 10:30 – 11:30am | | Slow Flow Yoga <i>Aurora – MPR</i> | Slow Flow Yoga <i>Aurora – SPY</i> | | Slow Flow Yoga <i>Aurora – MPR</i> |
| 12:10 – 12:50pm | Boot Camp/Tabata <i>Jen – MPR</i> | Boot Camp <i>Ashley – MPR</i> | Boot Camp <i>Ashley – MPR</i> | | |
| 5:30 – 6:15pm | | Slow Flow Yoga <i>Alex – SPY</i> | | | Friday Fitness Mix <i>Varies – MPR</i> |
| 5:30 – 6:30pm | BODYPUMP™ <i>Amber – MPR</i> | BODYPUMP™ <i>Replay – MPR</i> | BODYPUMP™ <i>Jen – MPR</i> | Barre <i>Amber – MPR</i> | |
| | | | | | SATURDAY |
| | | | | 8:00 – 9:00am | BODYPUMP™ <i>Varies – MPR</i> |
| | | | | 9:15am – 10:15am | Matrix Ride <i>Varies – SPY</i> |

Class Location Key

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

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)!

| YMCA AT BERKSHIRE COMMUNITY GYMNASIUM | | | |
|---------------------------------------|--------------------------------|-------------------------|-----------|
| April 1 – 30, 2025 | | | |
| TIME | MONDAY | TUESDAY | WEDNESDAY |
| 10:30 – 11:00am | Sit and Stretch <i>Jen</i> | | |
| 11:00 – 11:30am | Modified Tai Chi <i>Jen</i> | NO CLASS April 7 | |

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SHEBOYGAN YMCA FITNESS SCHEDULE

April 1 – 30, 2025

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|---|
| 5:45 - 6:45am | | Ultimate Boot Camp <i>Erika - outside/AS</i> | | Ultimate Boot Camp <i>Erika - outside/AS</i> | |
| 6:00 - 6:45am | Power Flow Yoga <i>Paige - SA</i> | | | | |
| 5:45 - 6:30am | Group cycle <i>Anna- GC</i> | | Group Cycle <i>Tony - GC</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>Diane - LG</i> |
| 9:00 - 9:45am | RIPPED <i>Michelle - AS</i> | Barre <i>varies - SA</i> | RIPPED <i>Michelle -AS</i> | Spiritual Spin <i>Michelle - GC</i> | Dance, Kick, Lift <i>Michelle - AS</i> |
| 9:30 - 10:30am | Fit Flow <i>Charity - SA</i> | | | | |
| 9:30 - 10:30am | Dance Fitness <i>Diane -MPR 45 mins</i> | Zumba® <i>Elizabeth - MPR *9:35</i> | | | |
| 10:00 - 11:00am | | Slow Flow Yoga <i>Amy- SA</i> | Slow Flow Yoga <i>Amy-SA *45 mins</i> | Slow Flow Yoga <i>Amy - SA Outside when 50+</i> | |
| 10:00 - 11:00am | | | | | |
| 10:30 - 11:00am | | Ai Chi <i>Ann -GP</i> | | Ai Chi <i>Ann -GP</i> | |
| 10:45 - 11:45am | | | | | Water Aerobics <i>Amy - VP</i> |
| 11:00 - 12:00pm | Arthritis Aquatics <i>Terry -GP</i> | Arthritis Aquatics <i>Mary -GP</i> | | Arthritis Aquatics <i>Mary -GP</i> | Arthritis Aquatics <i>Terry - 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 | | | 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> | SATURDAY | SUNDAY |
| 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> | 10:00 - 11:00am Group Cycle <i>Jim - GC</i> |
| | | | 9:00 - 10:00am | | |