

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

October 1 – October 31, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:15am	BODYPUMP™ Express <i>Jen – MPR</i>	Indoor Cycling <i>Maddy – SPY</i>	BODYPUMP™ Express <i>Jen – 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 – 9:45am					Line Dancing Advanced <i>Diane – GYM</i>
9:00 – 10:00am	Power Yogalates <i>Abbie – GYM/Zoom</i>		Power Yogalates <i>Abbie – GYM/Zoom</i>		
9:00 – 10:00am	BODYPUMP™ <i>Erika – MPR</i>	Indoor Cycling <i>Varies – SPY</i>	BODYPUMP™ <i>Erika – MPR</i>	Indoor Cycling <i>Brenda – 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 – 10:15am					FitFlow <i>Charity - SPY</i>
9:45 – 10:30am		Butts 'n Guts <i>DiAnne – MPR</i>		Butts 'n Guts <i>Charmain/Abbie – MPR</i>	Line Dancing Beginners <i>Diane – GYM</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>Jen – MPR</i>	Boot Camp <i>Ashley – MPR</i>	Boot Camp <i>Ashley – MPR</i>		Slow Flow Yoga <i>Maggie – SPY</i>
5:30 – 6:15pm				Barre <i>Amber – MPR</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>		
6:15 – 7:00pm		Except 10/1			
Class Location Key				8:00 – 9:00am	BODYPUMP™ <i>Varies – MPR</i>
GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				9:15am – 10:15am	Matrix Ride <i>Varies – SPY</i>

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 FITNESS SCHEDULE

October 1 – October 31, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

October 1 – October 31, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:45am		Ultimate Boot Camp <i>Erika - AS</i>		Ultimate Boot Camp <i>Erika - AS</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>DiAnne - LG</i>
9:00 - 9:45am	RIPPED <i>Michelle - AS</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>varies - AS</i>	
9:30 - 10:30am	Dance Fitness <i>Diane- SA 45 mins</i>	Zumba® <i>Elizabeth - AS *9:35</i>			
9:30 - 10:30am	Fit Flow <i>Charity -SA</i>	<<starts 10/14			
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 - outside weather permitting</i>	
10:30 - 11:00am		Ai Chi <i>GP</i>		Ai Chi <i>GP</i>	
10:45 - 11:45am		Classic cycle <i>Vicki-GC</i>	Senior Circuit <i>Vicki- AS *45 min</i>		
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			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 1st/3rd SUN of month
			8:30 - 9:30am	Adv Core Strength <i>Clare - AS</i>	9:00 - 10:00am Group Cycle <i>Charity - GC</i>
			9:00 - 10:00am	LIVESTRONG® <i>MPR</i>	

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