

**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

**June 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>		Back to Basics <i>DiAnne – 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>Peggy – GYM/Zoom</i>	Silver Sneakers <i>Yoga – 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>Jen – MPR</i>	Indoor Cycling <i>Pam – 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>	
9:30 – 10:30am					FitFlow <i>Charity – SPY</i>
9:45 – 10:30am				Butts 'n Guts <i>Abbie – MPR</i>	
10:15 – 11:00am		Slow Flow Yoga <i>Pam – SPY</i>		Slow Flow Yoga <i>Pam – SPY</i>	
10:15 – 11:15am			Essential Senior Fitness <i>Emma – MPR</i>		
10:30 – 11:30am	Gentle Flow Yoga <i>Aurora – MPR</i>	Yoga-Barre Blend <i>Aurora – MPR</i>	Slow Flow Yoga <i>Pam – 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>	Outdoor Boot Camp <i>Maddie – MPR</i>		
5:30 – 6:15pm					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**

### LEARNING FOR BETTER HEALTH SERIES – Chronic Kidney Disease Age 18 & Older

Dr Wenberg retired as a physician after 36 years in the family practice field. He is looking forward to continuing his purpose in retirement: offering education to our members and community. At the Falls YMCA we are excited to partner with him to offer this opportunity!

**Monday June 16, June 23 9:00am**  
 Sheboygan County Y Member Free  
 Non-Member \$5.00

### POWER PLATE® DEMONSTRATION Age 18 & Older

How can Power Plate® enhance your workout? Learn from personal trainer Emma at the Sheboygan Falls YMCA while she demonstrates all the powerful benefits of this vibrating platform.

**Wednesday, June 18<sup>th</sup> 8:45am**  
 Sheboygan County Y Member Free  
 Non-Member \$8.00

### ROLL WITH IT FOAM ROLLER WORKSHOP Age 18 & Older

Join DiAnne for this foam roller workshop that will stretch deep into your muscles for maximum relief and recovery. Pre-register to reserve your spot. Class will be held in Cycle/Yoga Studio at Sheboygan Falls YMCA.

**Tuesday, June 24<sup>th</sup> 6:30-7:00pm**  
 Sheboygan County Y Member Free  
 Non-Member \$5.00