

**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.**

**WATCH FOR A MODIFIED HOLIDAY SCHEDULE DECEMBER 21-JANUARY 3.**

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

## SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

**December 1- 20, 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>	Cycle & Strength <i>Klohie – SPY</i>	Strength Circuit <i>Maddy – MPR</i>
7:00 – 7:45am	Back to Basics <i>Jen – MPR</i>		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>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>		Fit Flow <i>Charity – SPY</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>	Line Dancing <i>Diane – GYM</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	Gentle Flow Yoga <i>Aurora – MPR</i>		Essential Senior Fitness <i>Emma – MPR</i>		Gentle Flow Yoga <i>Aurora – MPR</i>
10:30 – 11:30am		Yoga-Barre Blend <i>Aurora – MPR</i>	Slow Flow Yoga <i>Pam – SPY</i>		
12:10 – 12:50pm	Boot Camp/Tabata <i>Jen – MPR</i>	Boot Camp <i>Jen – MPR</i>	Boot Camp/Strength <i>Pam – 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>	<b>SATURDAY</b>
6:00 – 7:00pm		Slow Flow Yoga <i>Anne – SPY</i>		8:00 – 9:00am	BODYPUMP™ <i>Varies – MPR</i>
<b>Class Location Key</b> <b>GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room</b>				9:15am – 10:15am	Matrix Ride <i>Varies – SPY</i>
				10:30 – 11:15am	Slow Flow Yoga <i>Pam – SPY</i>

**REGISTER NOW FOR THIS UPCOMING EVENT IN DECEMBER**

### SANTA SLEIGH RIDE

**SATURDAY, DECEMBER 20, 2025**

**9:00-10:00am**

Festive music and instructor variety will make this a challenging but fun indoor cycle workout. After you "sleigh" this workout, you will be ready for refreshments to refuel your body. Pre-registration is REQUIRED.

**Sheboygan County Y Member \$5.00**

**Non-Member \$10.00**

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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 B- SA</i>				
5:45 - 6:30am	Group cycle <i>Anna- GC</i>		Group cycle <i>Tony- GC</i>		Group Cycle <i>Anna -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>	Water Aerobics <i>Tom - VP</i>	Water Aerobics <i>Tom - 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/Vicki - LG</i>
9:00 - 9:45am	RIPPED <i>Michelle - AS</i>	Barre <i>Mya - SA</i>	RIPPED <i>Michelle -AS</i>	Spiritual Spin <i>Michelle - GC</i>	Dance, Kick, Lift <i>Michelle - AS</i>
9:00 - 9:45am			Slow Flow Yoga <i>Paige - SA</i>		
9:30 - 10:15am	Fit Flow <i>Charity - SA</i> <b>60 mins</b>		^New^	Flex & Core <i>John - SA</i>	←Time change
9:30 - 10:30am	Dance Fitness <i>Diane -MPR</i> <b>45 mins</b>	Zumba® <i>Elizabeth - AS</i> <b>*9:35</b>			
10:30 - 11:00am		Ai Chi <i>Ann -GP</i>		Ai Chi <i>Ann -GP</i>	
11:00 - 12:00pm	Arthritis Aquatics <i>Terry -GP</i>	Arthritis Aquatics <i>Mary -GP</i> <b>45 mins</b>		Arthritis Aquatics <i>Mary -GP</i> <b>45 mins</b>	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>		
5:30 - 6:15pm		Bootcamp <i>Michelle - AS</i>		Barre <i>Mya - SA</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>		
5:30 - 6:30pm			Group Cycle <i>Jim - GC</i>		
6:00 - 7:00pm		Deep Water Aerobics <i>Jackie - VP</i> <b>45 mins</b>			Zumba® <i>Kim - AS</i>
6:30 - 7:30pm	Zumba® <i>Ada- AS</i>	Group Cycle <i>Michelle - GC</i> <b>45 mins</b>	Zumba® <i>Ada - AS</i>	<b>SATURDAY</b>	<b>SUNDAY</b>

### 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

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