

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

SEPTEMBER 2 - 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>	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>		Power Yogalates <i>Abbie - 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>Ashley - MPR</i>	Boot Camp <i>Ashley - 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
6:00 - 7:00pm		Slow Flow Yoga <i>Anne - SPY</i>		8:00 - 9:00am	BODYPUMP™ <i>Varies - MPR</i>
Class Location Key GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				9:15am - 10:15am	Matrix Ride <i>Varies - SPY</i>
				10:30 - 11:15am	Slow Flow Yoga <i>Pam - SPY</i>

UPCOMING EVENTS at the FALLS Y:

VEGETABLE GARDENING 101
MONDAY, SEPTEMBER 8, 2025 6:00 PM
 LED BY WISCONSIN EXTENSION MASTER GARDENER, ABBIE PALENSKE

Age 18 & Older Start at the Falls YMCA where Abbie will present on gardening methods and seasons to plant. Then, take a drive to Abbie's home property (just 5 minutes away) to see how she applies all you've learned. Pre-registration is required. Sheboygan County Y Member \$5.00 Non-Member \$20.00

"BACK THE PACK" FITNESS CHALLENGE
SEPTEMBER 11, 2025 - JANUARY 4, 2026
Age 18 & Older

Build your teams of 4. Earn points for your team with a variety of points-based exercises/challenges. Keep score on your team's tally sheet. Whichever team has the most points at the end of the season, each person on that team wins a YMCA dri-fit t-shirt. One winner per "division" (Sheboygan Y and Sheboygan Falls Y)
 Sheboygan County Y Members Only
 \$5.00 per person/\$20 per Team

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 YMCA FITNESS SCHEDULE

September 2 - 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>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>			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 - 10:00am				Breathe & Stretch <i>John -- SA</i>	
9:30 - 10:30am	Dance Fitness <i>Diane -SA 45 mins</i>	Zumba® <i>Elizabeth - AS *9:35</i>			
10:00 - 10:45am			Flex & Core <i>John -- SA</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					
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					
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>		
6:00 - 7:00pm					Zumba® <i>Kim - AS</i>
6:30 - 7:30pm	Zumba® <i>Ada- AS</i>		Zumba® <i>Ada - AS</i>	SATURDAY	SUNDAY
			8:30 - 9:30am	Adv Core Strength <i>Clare - AS</i>	
			9:00 - 10:00am		

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