

**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

**July 1 - 31, 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>		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		Last Day 7/1	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>		Gentle 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>Anthony - MPR</i>	BODYPUMP™ <i>Jen - MPR</i>	Barre <i>Amber - MPR</i>	
		Replay 7/15			<b>SATURDAY</b>
<b>Class Location Key</b> GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				8:00 - 9:00am	BODYPUMP™ <i>Varies - MPR</i>
				9:15am - 10:15am	Matrix Ride <i>Varies - SPY</i>

### LEARNING FOR BETTER HEALTH SERIES – Prostate Cancer 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!

**Friday, July 18<sup>th</sup> or 25<sup>th</sup>, 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.

**Monday July 21<sup>st</sup>, 9:00am**  
 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, July 29<sup>th</sup> 6:30-7:00pm**  
 Sheboygan County Y Member Free  
 Non-Member \$5.00

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:45am		Ultimate Boot Camp Erika - outside/AS		Ultimate Boot Camp Erika - outside/AS	
6:00 - 6:45am	Power Flow Yoga Paige - SA	← NO CLASS 14 <sup>th</sup> & 28 <sup>th</sup>			
5:45 - 6:30am	Group cycle Anna- GC		Group Cycle Tony - GC		Group Cycle varied -GC
8:00 - 9:00am		Strength/Pilates Sara -AS		Strength/Pilates Sara - AS	^^ NO CLASS 7/18^^
8:30 - 9:30am	Shallow Water Aerobics Sue - VP		Shallow Water Aerobics Amy - VP	Deep Water Aerobics Sue - VP	
8:30 - 9:30am	Silver Sneakers Clint - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers Vicki - LG <b>+15min stretch</b> 75 min class	Silver Sneakers Yoga Diane - LG
9:00 - 9:45am	RIPPED Michelle - AS	Barre varies - SA	RIPPED Michelle -AS	Spiritual Spin Michelle - GC	Dance, Kick, Lift Michelle - AS
9:30 - 10:30am					
9:30 - 10:30am	Dance Fitness Diane -SA <b>45 mins</b>	Zumba® Elizabeth - AS <b>*9:35</b>			
10:00 - 11:00am		Slow Flow Yoga Amy- SA		Slow Flow Yoga Amy - SA <b>Outside</b>	
10:00 - 11:00am					
10:30 - 11:00am		Ai Chi Ann -GP		Ai Chi Ann -GP	
10:45 - 11:45am					Water Aerobics Amy - VP
11:00 - 12:00pm	Arthritis Aquatics Terry -GP	Arthritis Aquatics Mary -GP		Arthritis Aquatics Mary -GP	Arthritis Aquatics Terry - GP
12:10 - 12:55pm	Bootcamp Michelle - AS	Bootcamp Heather - AS		Boot Camp Heather - AS	Cycle & Strength Michelle - GC
12:15 - 12:45pm			Matrix Ride Express Heather - GC		
5:15 - 5:45pm					
5:30 - 6:15pm		Bootcamp Michelle - AS			
5:30 - 6:30pm	Adv Core Strength Clare - AS	Fusion Flow Tiffany - SA	Adv Core Strength Clare - AS		
6:00 - 7:00pm					Zumba® Kim - AS
6:30 - 7:30pm	Zumba® Rotation- AS		Zumba® Ada - AS	<b>SATURDAY</b>	<b>SUNDAY</b>

### Class Location Key

AS = Aerobic Studio  
EG = East Gym  
GC = Group Cycling Studio  
GP = Garton Pool  
LG = Lohmann Gym  
LV = Lakeview Center  
MG = Muth Gym  
MP = Multi-Purpose Room  
SA = Studio A  
VP = Verhulst Pool

8:30 - 9:30am

9:00 - 10:00am

Adv Core Strength  
Clare - AS