

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>		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>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 18th 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 24th 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 <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>Tony - GC</i>		Group Cycle <i>varied -GC</i>
8:00 - 9:00am		Strength/Pilates <i>Sara -MG</i>		Strength/Pilates <i>Sara - MG</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>Diane - LG</i>
9:00 - 9:45am	RIPPED <i>Michelle - AS</i>	Barre <i>varies - SA</i>	RIPPED <i>Michelle -AS</i>	Spiritual Spin <i>Michelle - GC</i>	Dance, Kick, Lift <i>Michelle - AS</i>
9:30 - 10:30am	Fit Flow <i>Charity - SA</i>				
9:30 - 10:30am	Dance Fitness <i>Diane -MPR 45 mins</i>	Zumba® <i>Elizabeth - MPR *9:35</i>			
10:00 - 11:00am		Slow Flow Yoga <i>Amy- SA</i>		Slow Flow Yoga <i>Amy - SA Outside when 50+</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					Water Aerobics <i>Amy - VP</i>
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>			
5:30 - 6:30pm	Adv Core Strength <i>Clare - MG</i>	Fusion Flow <i>Tiffany - SA</i>	Adv Core Strength <i>Clare - MG</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

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

Adv Core Strength
Clare - MG

9:00 - 10:00am