

**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**

**April 1-30, 2026**

| TIME   | MONDAY                                     | TUESDAY                                       | WEDNESDAY                                     | THURSDAY                                      | FRIDAY                                    |
|--|--|---|---|---|---|
| 5:30 – 6:15am  | Strength Circuit<br><i>Maddy – MPR</i>     | Cycle, Sculpt & Stretch<br><i>Maddy – SPY</i> | BodyPump<br><i>Jen – MPR</i>                  | Cycle & Strength<br><i>Klohie – SPY</i>       | Strength Circuit<br><i>Maddy – MPR</i>    |
| 7:00 – 7:45am  | Back to Basics<br><i>Jen – MPR</i>         |   | Back to Basics<br><i>DiAnne – MPR</i>         |   | Back to Basics<br><i>DiAnne – MPR</i>     |
| 8:00 – 8:45am  | Silver Sneakers<br><i>Diane – GYM/Zoom</i> | Silver Sneakers<br><i>DiAnne – GYM/Zoom</i>   | Silver Sneakers<br><i>Diane – GYM/Zoom</i>    | Silver Sneakers<br><i>Peggy – GYM/Zoom</i>    | Silver Sneakers<br>Yoga – <i>Sara/GYM</i> |
| 8:30 – 9:30am  |  | Boot Camp/Tabata<br><i>Charmain – MPR</i>     |   | Boot Camp/Tabata<br><i>Charmain – MPR</i>     | <b>NO CLASS</b><br><b>↓ 4/17 ↓</b>        |
| 9:00 – 10:00am   | Power Yogalates<br><i>Abbie – GYM/Zoom</i> | Essential Senior Fitness<br><i>Emma – GYM</i> | Power Yogalates<br><i>Abbie – GYM/Zoom</i>    | Essential Senior Fitness<br><i>Emma – GYM</i> | Line Dancing<br><i>Diane – GYM</i>        |
| 9:00 – 10:00am   | BODYPUMP™<br><i>Jen – MPR</i>              | Indoor Cycling<br><i>Jen – SPY</i>            | BODYPUMP™<br><i>Lindsey – MPR</i>             | Indoor Cycling<br><i>Jen – SPY</i>            | BODYPUMP™<br><i>Anthony – MPR</i>         |
| 9:30 – 10:30am   |  |   |   |   | Fit Flow<br><i>Charity – SPY</i>          |
| 9:45 – 10:30am   |  |   |   | Core N More<br><i>Abbie – MPR</i>             |   |
| 10:15 – 11:00am  |  |   |   | Slow Flow Yoga<br><i>Maggie – SPY</i>         |   |
| 10:15 – 11:15am  | Gentle Flow Yoga<br><i>Aurora – MPR</i>    |   | Essential Senior Fitness<br><i>Emma – MPR</i> |   | Gentle Flow Yoga<br><i>Aurora – MPR</i>   |
| 10:30 – 11:30am  |  | Yoga-Barre Blend<br><i>Aurora – MPR</i>       |   |   |   |
| 12:10 – 12:50pm  | Boot Camp/Tabata<br><i>Jen – MPR</i>       | Boot Camp<br><i>Ashley – MPR</i>              | Boot Camp<br><i>Ashley – MPR</i>              |   |   |
| 5:30 – 6:15pm  |  |   |   |   | Friday Fitness Mix<br><i>Varies – MPR</i> |
| 5:30 – 6:30pm  | BODYPUMP™<br><i>Amber – MPR</i>            | BODYPUMP™<br><i>REPLAY – MPR</i>              | BODYPUMP™<br><i>Jen – MPR</i>                 | Barre<br><i>Amber – MPR</i>                   | <b>SATURDAY</b>                           |
| 6:00 – 7:00pm  |  | Slow Flow Yoga<br><i>Anne – SPY</i>           |   | 8:00 – 9:00am                                 | BODYPUMP™<br><i>Varies – MPR</i>          |
| <b>Class Location Key</b>  |  |   |   | 9:15am – 10:15am                              | Matrix Ride<br><i>Varies – SPY</i>        |
| <b>GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room</b> |  |   |   | 10:30 – 11:15am                               | Slow Flow Yoga<br><i>Varies – SPY</i>     |

**PROGRAM HIGHLIGHTS**

**Power Plate Demo**  
**April 22, 10:45-11:45am**  
 Emma educates members in the numerous benefits of fitting the Power Plate into your workout routine. Free for members Non-members \$8

**BodyPump Launch 136**  
**April 25, 8-9am**  
 Join your favorite BodyPump instructors for all the new moves and new music of the latest release. Free for Members and Non-members (bring picture ID).

**\*CLOSED EASTER SUNDAY\***

**INTRO TO YOGA, CHAKRAS, and CRYSTALS**  
**April 30-May 28, 10:45-11:45am**  
 Learn the 7 Chakras. Every week, we will open a new chakra using a different crystal. Crystals will be provided for class use. Fee is for all 5 classes.  
 Members-----\$15  
 Non-Members ---\$30

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| SHEBOYGAN YMCA FITNESS SCHEDULE |  |   |  |   |   |
|---------------------------------|--|---|--|---|---|
| APRIL 1-30, 2026                |  |   |  |   |   |
| TIME                            | MONDAY   | TUESDAY   | WEDNESDAY                                  | THURSDAY  | FRIDAY                                    |
| 5:45 - 6:45am                   |  | Ultimate Boot Camp<br><i>Erika - outside/AS</i>         |  | Ultimate Boot Camp<br><i>Erika - outside/AS</i>         |   |
| 5:45 - 6:30am                   | Group cycle<br><i>Anna- GC</i>                       |   | Group cycle<br><i>Tony- GC</i>             |   | Group Cycle<br><i>Anna -GC</i>            |
| 8:00 - 9:00am                   |  | Strength/Pilates<br><i>Sara -AS</i>                     |  | Strength/Pilates<br><i>Sara - AS</i>                    |   |
| 8:30 - 9:30am                   | Shallow Water Aerobics<br><i>Sue - VP</i>            | Water Aerobics<br><i>Tom - VP</i>                       | Water Aerobics<br><i>Tom - VP</i>          | Deep Water Aerobics<br><i>Sue - VP</i>                  |   |
| 8:30 - 9:30am                   | Silver Sneakers<br><i>Clint - LG</i>                 | Silver Sneakers<br><i>Elizabeth - LG</i>                | Silver Sneakers<br><i>Elizabeth - LG</i>   | Silver Sneakers<br><i>Vicki- LG</i>                     | Silver Sneakers Yoga<br><i>DiAnne- LG</i> |
| 9:00 - 9:45am                   | RIPPED<br><i>Michelle - AS</i>                       | Barre<br><i>Mya - SA</i>                                | RIPPED<br><i>Michelle -AS</i>              | Spiritual Spin<br><i>Michelle - GC</i>                  | Dance, Kick, Lift<br><i>Diane - AS</i>    |
| 9:00 - 9:45am                   |  |   | Slow Flow Yoga<br><i>Paige - SA</i>        |   |   |
| 9:30 - 10:30am                  | Fit Flow<br><i>Charity - SA</i>                      |   |  |   |   |
| 9:30 - 10:30am                  | Dance Fitness<br><i>Diane -MPR</i><br><b>45 mins</b> | Zumba®<br><i>Elizabeth - AS</i><br><b>*9:35</b>         |  |   |   |
| 10:30 - 11:00am                 |  | Ai Chi<br><i>Ann -GP</i>                                |  | Ai Chi<br><i>Ann -GP</i>                                |   |
| 11:00 - 12:00pm                 | Arthritis Aquatics<br><i>Terry -GP</i>               | Arthritis Aquatics<br><i>Mary -GP</i><br><b>45 mins</b> |  | Arthritis Aquatics<br><i>Mary -GP</i><br><b>45 mins</b> | Arthritis Aquatics<br><i>Terry - GP</i>   |
| 12:10 - 12:55pm                 | Bootcamp<br><i>Michelle - AS</i>                     | Bootcamp<br><i>Heather - AS</i>                         |  | Boot Camp<br><i>Heather - AS</i>                        | Cycle & Strength<br><i>Michelle - GC</i>  |
| 12:15 - 12:45pm                 |  |   | Matrix Ride Express<br><i>Heather - GC</i> |   |   |
| 5:30 - 6:15pm                   |  | Bootcamp<br><i>Michelle - AS</i>                        |  | Barre<br><i>Mya - SA</i>                                |   |
| 5:30 - 6:30pm                   | Adv Core Strength<br><i>Clare - AS</i>               | Fusion Flow<br><i>Tiffany - SA</i>                      | Adv Core Strength<br><i>Clare - AS</i>     | Zumba<br><i>Marie - AS</i>                              | <b>←NEW! STARTS<br/>4/16</b>              |
| 5:30 - 6:30pm                   |  |   | Group Cycle<br><i>Jim - GC</i>             |   |   |
| 6:00 - 7:00pm                   |  |   |  |   | Zumba®<br><i>Kim - AS</i>                 |
| 6:30 - 7:30pm                   | Zumba®<br><i>Ada- AS</i>                             |   | Zumba®<br><i>Ada - AS</i>                  | <b>SATURDAY</b>   | <b>SUNDAY</b>                             |
|                                 |  |   | 8:30 - 9:30am                              | Adv Core Strength<br><i>Clare - MPR</i>                 | <b>*CLOSED<br/>EASTER<br/>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

**Women That Rock Zumba Event**  
**April 4, 10:30-11:30am**  
Free for members      Non-members \$8  
**Pedal & Pulse**  
**April 25, 9-9:45am**  
Free for members      Non-members \$8