

**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

February 2-28, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am	Strength Circuit Maddy - MPR	Cycle, Sculpt & Stretch Maddy - SPY	BODYPUMP™ Express Jen - MPR	Cycle & Strength Klohie - SPY	Strength Circuit Maddy - MPR
7:00 - 7:45am	Back to Basics Jen - MPR		Back to Basics Jen - MPR		
8:00 - 8:45am	Silver Sneakers Diane - GYM/Zoom	Silver Sneakers Jen - GYM/Zoom	Silver Sneakers Diane - GYM/Zoom	Silver Sneakers Peggy - GYM/Zoom	Silver Sneakers Yoga - Sara/GYM
8:30 - 9:30am		Boot Camp/Tabata Charmain - MPR		Boot Camp/Tabata Charmain - MPR	
9:00 - 10:00am	Power Yogalates Abbie - GYM/Zoom	Essential Senior Fitness Emma - GYM	Power Yogalates Abbie - GYM/Zoom	Essential Senior Fitness Emma - GYM	Line Dancing Diane - GYM
9:00 - 10:00am	BODYPUMP™ Jen - MPR	Indoor Cycling Jen - SPY	BODYPUMP™ Lindsey - MPR	Indoor Cycling Jen - SPY	BODYPUMP™ Anthony - MPR
9:30 - 10:30am					Fit Flow Charity - SPY
9:45 - 10:30am				Core N More Abbie - MPR	
10:15 - 11:00am				Slow Flow Yoga Maggie - SPY	
10:15 - 11:15am	Gentle Flow Yoga Aurora - MPR		Essential Senior Fitness Emma - MPR		Gentle Flow Yoga Aurora - MPR
10:30 - 11:30am		Yoga-Barre Blend Aurora - MPR			
12:10 - 12:50pm	Boot Camp/Tabata Jen - MPR	Boot Camp Jen - MPR	Boot Camp Ashley - MPR	STARTS 2/11	
5:30 - 6:15pm					Friday Fitness Mix Varies - MPR
5:30 - 6:30pm	BODYPUMP™ Amber - MPR	BODYPUMP™ REPLAY - MPR	BODYPUMP™ Jen - MPR	Barre Amber - MPR	SATURDAY
6:00 - 7:00pm		Slow Flow Yoga Anne - SPY		8:00 - 9:00am	BODYPUMP™ Varies - MPR
				9:15am - 10:15am	Matrix Ride Varies - SPY
				10:30 - 11:15am	Slow Flow Yoga Varies - SPY

### Class Location Key

GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room

Register now for one of our upcoming events this winter: OR Gather some friends and compete in one of our challenges:

- PEP RALLY RIDE**  
SUNDAY, FEBRUARY 1, 2026
- SPIRITUAL SPIN – LOVE IN MOTION**  
FRIDAY, FEBRUARY 13 at 6:30p or 7:30p

- FIT TOGETHER FEBRUARY CHALLENGE**  
FEBRUARY 1 - 28, 2026
- SUPER BOWL WATCH PARTY CHALLENGE**  
SUNDAY, FEBRUARY 8, 2026

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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	
5:45 - 6:30am	Group cycle Anna- GC		Group cycle Tony- GC		Group Cycle Anna -GC
8:00 - 9:00am		Strength/Pilates Sara -AS		Strength/Pilates Sara - AS	
8:30 - 9:30am	Shallow Water Aerobics Sue - VP	Water Aerobics Tom - VP	Water Aerobics Tom - VP	Deep Water Aerobics Sue - VP	
8:30 - 9:30am	Silver Sneakers Clint - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers Varies- LG	Silver Sneakers Yoga Diane- LG
9:00 - 9:45am	RIPPED Michelle - AS	Barre Mya - SA	RIPPED Michelle -AS	Spiritual Spin Michelle - GC	Dance, Kick, Lift Michelle - AS
9:00 - 9:45am			Slow Flow Yoga Paige - SA		
9:30 - 10:30am	Fit Flow Charity - SA				
9:30 - 10:30am	Dance Fitness Diane -MPR <b>45 mins</b>	Zumba® Elizabeth - AS <b>*9:35</b>			
10:30 - 11:00am		Ai Chi Ann -GP		Ai Chi Ann -GP	
11:00 - 12:00pm	Arthritis Aquatics Terry -GP	Arthritis Aquatics Mary -GP <b>45 mins</b>		Arthritis Aquatics Mary -GP <b>45 mins</b>	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		
5:30 - 6:15pm		Bootcamp Michelle - AS		Barre Mya - SA	
5:30 - 6:30pm	Adv Core Strength Clare - AS	Fusion Flow Tiffany - SA	Adv Core Strength Clare - AS		
5:30 - 6:30pm			Group Cycle Jim - GC		
6:00 - 7:00pm					Zumba® Kim - AS
6:30 - 7:30pm	Zumba® Ada- AS		Zumba® Ada - AS	<b>SATURDAY</b>	<b>SUNDAY</b>
			8:30 - 9:30am	Adv Core Strength Clare - MPR	

**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