

**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.**

<b>Color Coded Intensity!</b>
<b>RED=High/Advanced</b>
<b>ORANGE=Medium/Intermediate</b>
<b>GREEN=Low/Beginner</b>
<b>BLUE=Finely Aged or Sedentary</b>

## SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

**January 2-31, 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		Power Yogalates Abbie - GYM/Zoom		Fit Flow Charity - SPY
9:00 - 10:00am	BODYPUMP™ Jen - MPR	Indoor Cycling Jen - SPY	BODYPUMP™ Lindsey - MPR	Indoor Cycling Jen - SPY	BODYPUMP™ Anthony - MPR
9:00 - 10:00am		Essential Senior Fitness Emma - GYM		Essential Senior Fitness Emma - GYM	Line Dancing Diane - GYM
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	Sit and Stretch Jen - SPY		
12:10 - 12:50pm	Boot Camp/Tabata Jen - MPR	Boot Camp Jen - MPR			
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:** 

- **GROUP FITNESS BINGO**  
JANUARY 1 - 31, 2026
- **THE LEAK STOPS HERE: INFLUENCERS OF BLADDER CONTROL IN WOMEN**  
WEDNESDAY, JANUARY 14, 2026
- **POWER PLATE® DEMONSTRATION**  
WEDNESDAY, JANUARY 21, 2026
- **PEP RALLY RIDE**  
SUNDAY, FEBRUARY 1, 2026

- **FROZEN 500 CHALLENGE**  
JANUARY 1 - 31, 2026
- **SPRINT 8 FAT LOSS CHALLENGE**  
JANUARY 9 - FEBRUARY 28, 2026
- **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 Vicki - LG <b>+15min stretch</b> 75 min class	Silver Sneakers Yoga Diane/Vicki - 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	Group Cycle Michelle – GC <b>45 mins</b>	Zumba® Ada - AS	<b>SATURDAY</b>	<b>SUNDAY</b>
			8:30 - 9:30am	Adv Core Strength Clare - MPR	

### 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