

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

MARCH 1-31, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:15am	Strength Circuit <i>Maddy – MPR</i>	Cycle, Sculpt & Stretch <i>Maddy – SPY</i>	SPRINT 8™ <i>Jen – Riverview</i>	Cycle & Strength <i>Klohie – SPY</i>	Strength Circuit <i>Maddy – MPR</i>
7:00 – 7:45am	Back to Basics <i>Jen – MPR</i>		Back to Basics <i>Jen – MPR</i>		
8:00 – 8:45am	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>Jen – GYM/Zoom</i>	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>Peggy – GYM/Zoom</i>	Silver Sneakers Yoga – <i>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>	Essential Senior Fitness <i>Emma – GYM</i>	Power Yogalates <i>Abbie – GYM/Zoom</i>	Essential Senior Fitness <i>Emma – GYM</i>	Line Dancing <i>Diane – GYM</i>
9:00 – 10:00am	BODYPUMP™ <i>Jen – MPR</i>	Indoor Cycling <i>Jen – SPY</i>	BODYPUMP™ <i>Lindsey – MPR</i>	Indoor Cycling <i>Jen – SPY</i>	BODYPUMP™ <i>Anthony – MPR</i>
9:30 – 10:30am					Fit Flow <i>Charity – SPY</i>
9:45 – 10:30am				Core N More <i>Abbie – MPR</i>	
10:15 – 11:00am				Slow Flow Yoga <i>Maggie – SPY</i>	
10:15 – 11:15am	Gentle Flow Yoga <i>Aurora – MPR</i>		Essential Senior Fitness <i>Emma – MPR</i>		Gentle Flow Yoga <i>Aurora – MPR</i>
10:30 – 11:30am		Yoga-Barre Blend <i>Aurora – MPR</i>			
12:10 – 12:50pm	Boot Camp/Tabata <i>Jen – MPR</i>	Boot Camp <i>Ashley – MPR</i>	Boot Camp <i>Ashley – 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
6:00 – 7:00pm		Slow Flow Yoga <i>Anne – SPY</i>		8:00 – 9:00am	BODYPUMP™ <i>Varies – MPR</i>
Class Location Key				9:15am – 10:15am	Matrix Ride <i>Varies – SPY</i>
GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				10:30 – 11:15am	Slow Flow Yoga <i>Varies – SPY</i>

PROGRAM HIGHLIGHT

SPRINT 8™

Is a program pre-set on the Matrix cardio equipment (not available on the stair climber).

- 2 minute warm-up
- 8 cycles of high effort 30 second sprints
- 90 seconds of recovery
- Cooldown

Complete this 20-minute workout 3 times per week to boost HGH, which aids in fat loss, building muscle.

<https://www.youtube.com/watch?v=fRGpf2GMxeE>

FITNESS NEWS

→ Watch for a pop-up Spiritual Spin during the week of Spring Break, hosted by Charity Wolf.

→ The fitness schedule is updated on a monthly basis (or more as needed). Please watch the website for the most up-to-date daily class schedule and monthly fitness grid.

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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 45 mins	Zumba® Elizabeth - AS *9:35			
10:30 - 11:00am		Ai Chi Ann -GP		Ai Chi Ann -GP	
11:00 - 12:00pm	Arthritis Aquatics Terry -GP	Arthritis Aquatics Mary -GP 45 mins		Arthritis Aquatics Mary -GP 45 mins	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	SATURDAY	SUNDAY
			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

MIXTAPE RIDE
Saturday, March 14, 2026 9:00-10:00AM
 Sweat and sing your heart out as you cycle through a mix of popular music hits from every era. Free for members; Non-members can join the fun for an \$8 drop-in fee. Register soon as space is limited!