

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**

RED=High/Advanced

ORANGE=Medium/Intermediate

GREEN=Low/Beginner

BLUE=Finely Aged or Sedentary

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

MAY 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>	BodyPump <i>Jen – MPR</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>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 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>Pam – 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>Pam – SPY</i>		Slow Flow Yoga <i>Pam – 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>Pam/Kelly – SPY</i>

PROGRAM HIGHLIGHTS

PEDAL, PUMP, POWER AND POSE
SATURDAY, MAY 9 9:00-11:30am
\$10 Members, \$20 Non-Members
Pedal with Charity in a 30-minute Indoor Cycle workout. **BodyPump** for 30 minutes with Amber.
Power up the glutes, abs, and back in a 30-minute segment with DiAnne. **Pose** with Pam in a 30-minute recovery yoga flow.
 Four instructors, four classes, one value for all this talent, motivation, and sweat equity! **On this day only, our special event will be held in place of our regularly scheduled Body Pump™, Matrix Ride, and yoga classes.**

 **CLOSED MEMORIAL DAY** 

VEGETABLE GARDENING 101
MONDAY, MAY 4 6:30-8:00pm
LED BY WISCONSIN EXTENSION MASTER GARDENER, ABBIE PALENSKE
\$5 Members, \$20 Non-Members
 Two-part series in spring when you are starting to plan your garden. Abbie will present an educational segment on two different methods of no-till gardening— the lasagna method and raised bed gardening. Visit Abbie's property in July to see these methods in action!

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MAY 1-31, 2026

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>	
5:45 - 6:30am	Group cycle <i>Anna- GC</i>		Group cycle <i>Tony- GC</i>		Group Cycle <i>Anna -GC</i>
8:00 - 9:00am		Strength/Pilates <i>Sara -AS</i>		Strength/Pilates <i>Sara - AS</i>	
8:30 - 9:30am	Shallow Water Aerobics <i>Sue - VP</i>	Water Aerobics <i>Tom - VP</i>	Water Aerobics <i>Tom - 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</i>	Silver Sneakers Yoga <i>DiAnne- LG</i>
9:00 - 9:45am	RIPPED <i>Michelle - AS</i>	Barre <i>Mya - SA</i>	RIPPED <i>Michelle -AS</i>	Spiritual Spin <i>Michelle - GC</i>	Dance, Kick, Lift <i>Diane - AS</i>
9:00 - 9:45am			Slow Flow Yoga <i>Paige - SA</i>		
9:30 - 10:30am	Fit Flow <i>Charity - SA</i>				
9:30 - 10:30am	Dance Fitness <i>Diane -MPR</i> 45 mins	Zumba® <i>Elizabeth - AS</i> *9:35			
10:30 - 11:00am		Ai Chi <i>Ann -GP</i>		Ai Chi <i>Ann -GP</i>	
11:00 - 12:00pm	Arthritis Aquatics <i>Terry -GP</i>	Arthritis Aquatics <i>Mary -GP</i> 45 mins		Arthritis Aquatics <i>Mary -GP</i> 45 mins	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>		
5:30 - 6:15pm		Bootcamp <i>Michelle - AS</i>		Barre <i>Mya - SA</i>	
5:30 - 6:30pm	Adv Core Strength <i>Clare - AS</i>	Fusion Flow <i>Tiffany - SA</i>	Adv Core Strength <i>Clare - AS</i>	Zumba <i>Marie - AS</i>	←NEW! STARTS 4/16
5:30 - 6:30pm					
6:00 - 7:00pm					Zumba® <i>Kim - AS</i>
6:30 - 7:30pm	Zumba® <i>Ada- AS</i>		Zumba® <i>Ada - AS</i>	SATURDAY	SUNDAY
			8:30 - 9:30am	Adv Core Strength <i>Clare - MPR</i>	

"TOUGH AS A MOTHER" - MOTHER'S DAY SWEAT SESH
SATURDAY, MAY 9, 2026 10:15-11:30am
 Sheboygan County Y Member (per pair) \$20
 Non-Member (per pair) \$30
 Celebrate mother/daughter, mother/son, or "bestie" duos with this energetic, full-body boot camp partner workout. Sure to be a great bonding opportunity. Held in the Aerobic Room.

 **CLOSED MEMORIAL DAY** 

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