

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15am	Butts `n Guts <i>Madeline - MPR</i>	Spinning® <i>James - Gym</i>		Spinning® <i>James - Gym</i>	Butts `n Guts <i>Madeline - MPR</i>
7:00 - 7:45am	Back to Basics <i>James - MPR</i>			Back to Basics <i>James - MPR</i>	Back to Basics <i>James - MPR</i>
8:00 - 8:45am	Silver Sneakers <i>DiAnne - Gym/Zoom*</i>	Silver Sneakers <i>Dan - Gym/Zoom*</i>	Silver Sneakers <i>Clint - Gym/Zoom*</i>	Silver Sneakers <i>Dan - Gym/Zoom*</i>	Silver Sneakers Yoga - <i>Sara/Gym</i>
9:00 - 10:00am		Boot Camp/Tabata <i>Charmain - MPR</i>		Boot Camp/Tabata <i>Charmain MPR/Zoom*</i>	
9:00 - 10:00am		Spinning® <i>Replay - Gym</i>	BODYPUMP™ <i>Replay - MPR</i>	Spinning® <i>Replay - Gym</i>	BODYPUMP™ <i>Replay - MPR</i>
9:15 - 10:15am	Power Yogalates <i>Brenda - MPR/Zoom*</i>				
10:15 - 11:00am		Slow Flow Yoga <i>Replay - MPR</i>		Butts `n Guts <i>Charmain - MPR</i>	
12:10 - 12:55pm	Boot Camp <i>Charmain MPR/Zoom*</i>	Boot Camp <i>Ashley - MPR/Zoom*</i>	Total Conditioning <i>Ashley - MPR/Zoom*</i>	Boot Camp/Tabata <i>Ashley - MPR/Zoom*</i>	Slow Flow Yoga <i>Replay - MPR</i>
5:30 - 6:15pm				Barre <i>Amber - MPR</i>	Friday Fitness Mix <i>Varies - MPR</i>
5:30 - 6:30pm	BODYPUMP™ <i>Replay - MPR</i>		BODYPUMP™ <i>Ashley S - MPR</i>		
6:15 - 7:00pm		Slow Flow Yoga <i>Jenny - Zoom*</i>			
					SATURDAY
				8:00 - 9:00am	BODYPUMP™ <i>Varies - MPR</i>

- **ALL FITNESS CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP!**
- **Due to COVID-19 guidelines, class sizes are reduced. Please call 920-467-2464 in advance to confirm there is room in a class.**
- **Location is noted under each class: Gym = gymnasium, MPR = multi-purpose room.**
- **Replay:** means it will be a pre-recorded class played in the MPR. Please observe social distancing in these classes.
- **Zoom:** These classes have a Zoom option. Please call the Welcome Desk at 920-467-2464 between 7:30am - 5:30pm for the meeting ID and password.
- **Fitness schedule is subject to change based on attendance and/or demand.**

SHEBOYGAN YMCA FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:30am			Spinning® Jason - SR		
5:45 - 6:45am		Ultimate Boot Camp Erika - Outside		Ultimate Boot Camp Erika - Outside	
8:00 - 8:45am	Aqua Fitness Sue - VP		Aqua Fitness Sue - VP	Aqua Fitness Sue - VP	Aqua Fitness Amy - VP
8:00 - 9:00am		Strength/Pilates Sara - AR		Strength/Pilates Sara - AR	
8:30 - 9:30am	Silver Sneakers Clint - LG	Silver Sneakers Mike - LG	Silver Sneakers DiAnne - LG		Silver Sneakers Yoga DiAnne - LG
8:45 - 9:30am			RIPPED Michelle - AR		
9:00 - 9:45am		Slow Flow Yoga Jessica - YP			
9:00 - 10:00am	BODYPUMP™ Michelle - AR				Zumba® Michelle - AR
9:15 - 10:15am				BODYPUMP™ Michelle - AR	
9:45 - 10:45am			Slow Flow Yoga Amy - AR		
10:15 - 11:00am		Qigong Jon - MPR		Tai Chi Jon - MPR	
10:00 - 11:00am			NEW! →	Outdoor Slow Flow Yoga - Amy	
10:30 - 11:15am				Senior Strong Clint - AR	
12:10 - 12:55pm	Boot Camp Michelle - AR				Cycle & Strength Michelle - SR
1:30 - 2:15pm				Throwback Thursday Diane - AR	
4:30 - 5:15pm			Slow Flow Yoga Jessica - AR		
5:00 - 6:00pm	Tai Chi Jon - YP				
5:30 - 6:15pm			Pound Mary - AR		
5:30 - 6:30pm	Pilates Clare - AR/Zoom*	BODYPUMP™ Michelle - AR	Pilates Clare - Zoom*	BODYPUMP™ Miranda - AR	
5:30 - 6:30pm	Spinning® Jason - SR	Slow Flow Yoga Tiffany - YP			
6:45 - 7:25pm		Zumba® Kate - Zoom*		Zumba® Kate - Zoom*	
					SATURDAY
				8:30 - 9:30am	Pilates Clare/Amy - AR
			every 2nd Saturday →	9:00 - 9:40am	Zumba® Kate - Zoom*

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- **Zoom:** These classes have Zoom option. Please call the Welcome Desk at 920-451-8000 for the meeting ID and password.
- **Fitness schedule is subject to change based on attendance and/or demand.**

Class Location Key	
AR = Aerobic Room	MG = Muth Gym
EG = East Gym	MP = Multi-Purpose Room
GP = Garton Pool	SR = Spinning Room
LG = Lohmann Gym	VP = Verhulst Pool
LV = Lakeview	YP = Yoga/Pilates Studio

effective 5/14/21