

GROUP FITNESS SCHEDULE



October 2026

Class Location Key

AS = Aerobic Studio LG = Lohmann Gym SA = Studio A
 EG = East Gym LV = Lakieview Center MG = Muth Gym
 GP = Garton Pool GC = Group Cycle Studio \$ = Fee
 VP = Verhulst Pool MP = Multi-Purpose Room

CLASS COLOR KEY

■ AQUATIC
■ CARDIO
■ STRENGTH
■ MIND-BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
■ 5:30-6:15am Matrix Ride GC--Anna	■ 5:45-6:45am Boot Camp ■ Outside--Erika	■ 5:30-6:15am Matrix Ride GC--Tony	■ 5:45-6:45am Boot Camp ■ Outside--Erika	■ 5:45-6:15am Matrix Ride GC--Anna
■ 8:30-9:30am Shallow Water Aer VP--Sue	■ 8:00-9:00am Strength/Pilates AS--Sara	■ 8:30-9:30am Shallow Water Aer VP--Tom	■ 8:00-9:00am Strength/Pilates AS--Sara	
■ 8:30-9:30am Silver Sneakers ■ LG--Clint	■ 8:30-9:30am Silver Sneakers ■ LG--Elizabeth	■ 8:30-9:30am Silver Sneakers LG--Elizabeth	■ 8:30-9:30am Silver Sneakers ■ LG--Vicki	■ 8:30-9:30am Silver Sneak. Yoga LG--Vicki
■ 9:00-10:00am RIPPED ■ AS--Michelle	■ 8:30-9:30am Shallow Water Aer VP--Tom	■ 9:00-10:00am RIPPED ■ AS--Michelle	■ 8:30-9:30am Deep Water Aero VP--Sue	■ 9:00-9:45am Dance Kick Lift ■ AS--Diane
	■ 9:00-9:45am Barre ■ SA--Mya	■ 9:00-9:45am Slow Flow Yoga SA--Paige	■ 9:00-9:45am Spiritual Spin GC--Michelle	■ 11:00-12:00pm Arthritis Aquat. GP--Terry
■ 11:00-12:00pm Arthritis Aquat. GP--Terry	■ 9:15-10:00am Devout Dance AS--Michelle	■ 9:30-10:30am W.O.W. LV--Charity \$	■ 10:30-11:30am Endurance Ride GC--Jim	■ 12:10-12:55pm Cycle & Strength ■ GC--Heather
■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 10:30-11:30am Endurance Ride GC--Jim	■ 9:45-10:30am Zumba MPR--Elizabeth	■ 10:30-11:00am Ai Chi GP--Ann	■ 6:00-7:00pm Zumba AS--Kim
	■ 10:30-11:00am Ai Chi GP--Ann	■ 12:15-12:45pm Matrix Ride Expr GC--Heather	■ 11:00-11:45am Arthritis Aquat. GP--Mary	
■ 5:30-6:30pm Adv. Core Str. AS--Clare/Sherry	■ 11:00-11:45am Arthritis Aquat. GP--Mary	■ 5:30-6:30pm Adv. Core Str. AS--Clare/Sherry	■ 12:10-12:55pm Boot Camp ■ AS--Heather	SATURDAY
■ 6:30-7:30pm Zumba AS--Ada	■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 6:30-7:30pm Zumba AS--Ada	■ 5:30-6:15pm Barre ■ SA--Mya	■ 8:00-8:50 am Adv. Core Str. AS--Clare/Sherry
	■ 5:30-6:15pm Boot Camp ■ AS--Jen		■ 5:30-6:15pm Rep and Burn ■ AS--Marie	
	■ 5:30-6:30am Fusion Flow SA--Tiffany			

GROUP FITNESS SCHEDULE

October 2026



SHEBOYGAN FALLS YMCA

CLASS LOCATION KEY

GYM = Lohmann Gymnasium RV = Riverview Center \$ = Fee
MPR = Multi-Purpose Room SPY = Cycle/Yoga Studio

CLASS COLOR KEY

■ CARDIO
■ STRENGTH
■ MIND-BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
■ 5:30-6:15am Strength Circuit ■ MPR--Klohie	■ 5:30-6:15am Cycle & Strength ■ SPY--Jen		■ 5:30-6:15am Cycle & Strength ■ SPY--Jen	■ 5:30-6:15am Strength Circuit ■ MPR--Klohie
■ 7:00-7:45am Back to Basics ■ MPR--Jen				
■ 8:00-8:45am Silver Sneakers ■ GYM--Diane H	■ 8:00-8:45am Silver Sneakers ■ GYM--Jen	■ 8:00-8:45am Silver Sneakers ■ GYM--Diane H	■ 8:00-8:45am Silver Sneakers ■ GYM--Peggy	■ 8:00-8:45am Silver Sneak. Yoga GYM--Sara
■ 9:00-10:00am Power Yogalates GYM--Abbie	■ 8:30-9:30am BootCamp/Tabata ■ MPR--Charmain	■ 9:00-10:00am Power Yogalates GYM--Abbie	■ 8:30-9:30am BootCamp/Tabata ■ MPR--Charmain	■ 9:00-10:00am Line Dancing GYM--Diane H
■ 9:00-10:00am BodyPump ■ MPR--Jen	■ 9:00-10:00am Essential Sr. Fitn. ■ GYM--Emma	■ 9:00-10:00am BodyPump ■ MPR--Lindsey	■ 9:00-10:00am Essential Sr. Fitn. ■ GYM--Emma	■ 9:00-10:00am BodyPump ■ MPR--Anthony
■ 10:15-11:15am Gentle Flow Yoga MPR--Aurora	■ 9:00-10:00am Matrix Ride SPY--Pam	■ 10:15-11:15am Essential Sr. Fit. ■ MPR--Emma	■ 9:00-10:00am Matrix Ride SPY--Jen	■ 9:30-10:30am Fit Flow ■ SPY--Charity
■ 12:10-12:50pm Boot Camp ■ MPR--Jen		■ 12:10-12:50pm Boot Camp ■ MPR--Ashley	■ 9:45-10:30am Core 'n' More ■ MPR--Abbie	■ 10:15-11:15am Gentle Flow Yoga MPR--Aurora
■ 5:30-6:30pm BodyPump ■ MPR--Amber	■ 10:15-11:00am Slow Flow Yoga SPY--Pam	■ 5:30-6:30pm BodyPump ■ MPR--Jen	■ 10:15-11:00am Slow Flow Yoga SPY--Pam	■ 5:30-6:15pm Fri. Fitness Mix ■ MPR--Varies
	■ 10:30-11:30am Yoga Barre Blend MPR--Aurora		■ 5:30-6:30pm Barre ■ MPR--Amber	
	■ 12:10-12:50pm Boot Camp ■ MPR--Ashley			
	■ 6:00-7:00pm Gentle Yoga Stretch SPY--Anne			
	■ 6:30-7:30pm Zumba MPR--Jess			
				SATURDAY
				■ 8:00-9:00am BodyPump ■ MPR--Varies
				■ 9:15-10:15am Matrix Ride SPY--Varies
				■ 10:30-11:15am Slow Flow Yoga SPY--Varies