

GROUP FITNESS SCHEDULE



SHEBOYGAN YMCA

NOVEMBER 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	■ 5:30-6:15am 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 STARTS 11/12	■ 12:10-12:55pm Cycle & Strength ■ GC--Heather
■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 10:30-11:30am Endurance Ride GC--Jim STARTS 11/10	■ 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 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 Matrix Ride GC--Jim STARTS 11/11	■ 12:10-12:55pm Boot Camp ■ AS--Heather	SATURDAY
■ 6:30-7:30pm Zumba AS--Ada	■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 5:30-6:30pm Adv. Core Str. AS--Clare/Sherry	■ 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	■ 6:30-7:30pm Zumba AS--Ada	■ 5:30-6:15pm Rep and Burn ■ AS--Marie	
	■ 5:30-6:30am Fusion Flow SA--Tiffany			

WATCH FOR A MODIFIED BLACK FRIDAY SCHEDULE NOVEMBER 27 & 28

GROUP FITNESS SCHEDULE

NOVEMBER 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--Mary	■ 5:30-6:15am Cycle & Strength ■ SPY--Jen		■ 5:30-6:15am Cycle & Strength ■ SPY--Jen	■ 5:30-6:15am Strength Circuit ■ MPR--Mary
■ 7:00-7:45am Back to Basics ■ MPR--Jen	NO CLASS: 11/9, 11/30			
■ 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 Strength & Sweat* ■ MPR--Liz
■ 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	*new class Strength & Sweat: Challenge yourself with this full-body workout that is designed to keep you moving, motivated and progressing! Each class will incorporate different tools, formatting and movement patterns to continually stimulate your muscles differently and maximize your results! This class will offer fun and effective ways to challenge your body in all aspects of fitness! All levels of fitness are welcomed and encouraged to attend!		SATURDAY
	■ 6:00-7:00pm Gentle Yoga Stretch SPY--Anne			■ 8:00-9:00am BodyPump ■ MPR--Varies
	■ 6:30-7:30pm Zumba MPR--Jess			■ 9:15-10:15am Matrix Ride SPY--Varies
				■ 10:30-11:15am Slow Flow Yoga SPY--Varies

WATCH FOR A MODIFIED BLACK FRIDAY SCHEDULE NOVEMBER 27 & 28