Modified Group Fitness Schedule

NOVEMBER 23-28, 2026

the YMCA **SHEBOYGAN YMCA**

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

5:30-6:15am
Matrix Ride
GC--Anna

8:30-9:30am
Shallow Water Aer
VP--Sue

8:30-9:30am
Silver Sneakers
LG--Clint

9:00-10:00am
RIPPED
AS--Michelle

11:00-12:00pm
Arthritis Aquat.
GP--Terry

12:10-12:55pm
Boot Camp
AS--Heather

5:30-6:30pm
Adv. Core Str.
AS--Clare/Sherry

6:30-7:30pm
Zumba
AS--Ada

TUESDAY

5:45-6:45am
Boot Camp
Outside--Erika

8:00-9:00am
Strength/Pilates
AS--Sara

8:30-9:30am
Silver Sneakers
LG--Jen

8:30-9:30am
Shallow Water Aer
VP--Tom

9:00-9:45am
Barre
SA--Mya

9:15-10:00am
Devout Dance
AS--Michelle

10:30-11:30am
Endurance Ride
GC--Jim

10:30-11:00am
Ai Chi
GP--Ann

11:00-11:45am
Arthritis Aquat.
GP--Mary

12:10-12:55pm
Boot Camp
AS--Heather

5:30-6:15pm
Boot Camp
AS--Jen

5:30-6:30am
Fusion Flow
SA--Tiffany

WEDNESDAY

5:30-6:15am
Matrix Ride
GC--Tony

8:30-9:30am
Shallow Water Aer
VP--Tom

8:30-9:30am
Silver Sneakers
LG--Mike

9:00-10:00am
RIPPED
AS--Michelle

9:00-10:00am
Slow Flow Yoga
SA--Paige

12:15-12:45pm
Matrix Ride
GC--Heather

5:30-6:30pm
Adv. Core Str.
AS--Clare/Sherry

6:30-7:30pm
Zumba
AS--Ada

THURSDAY

CLOSED
Happy Thanksgiving!



Join Doug Opel's Run for the Kids 9:30am start at the Sheboygan YMCA PRE-REGISTER TODAY!

FRIDAY

8:30-9:30am
Silver Sneak. Yoga
LG--Vicki

9:00-9:45am
Dance Kick Lift
AS--Marie

6:00-7:00pm
Zumba
AS--Kim

SATURDAY

8:00-8:50 am
Adv. Core Str.
AS--Clare/Sherry

Any text in RED indicates a change in instructor or special programming for the holiday week.

Modified Group Fitness Schedule

NOVEMBER 23-28, 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		**CLOSED Happy Thanksgiving!**  Join Doug Opel's Run for the Kids 9:30am start at the Sheboygan YMCA PRE-REGISTER TODAY!	**5:30-6:15am** **Strength Circuit** MPR--Mary
7:00-7:45am **Back to Basics** MPR--Jen NO CLASS 11/30				
8:00-8:45am **Silver Sneakers** GYM--Diane H	**8:00-8:45am** **Silver Sneakers** GYM--Liz	**8:00-8:45am** **Silver Sneakers** GYM--Diane H		**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		**8:00-8:45am** **Matrix Ride** SPY--Jen
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** **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** **Gentle Flow Yoga** MPR--Aurora
12:10-12:50pm **Boot Camp** MPR--Jen	**10:15-11:00am** **Slow Flow Yoga** SPY--Pam	**12:10-12:50pm** **Boot Camp** MPR--Ashley		
5:30-6:30pm **BodyPump** MPR--Amber	**10:30-11:30am** **Yoga Barre Blend** MPR--Aurora	**5:30-6:30pm** **BodyPump** MPR--Amber		**6:00-6:45pm** **Line Dancing** GYM--Diane H
	12:10-12:50pm **Boot Camp** MPR--Ashley			
	5:15-6:15pm **Tabata Lift** MPR--Amber			
	6:00-7:00pm **Gentle Yoga Stretch** SPY--Anne			
	6:30-7:30pm **Zumba** MPR--Jess			

***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
8:00-9:00am **BodyPump** MPR--Amber
9:15-10:15am **Matrix Ride** SPY--Pam
10:30-11:15am **Slow Flow Yoga** SPY--Pam

Any text in RED indicates a change in instructor or special programming for the holiday week.