GROUP FITNESS SCHEDULE

SHEBOYGAN YMCA

September 2026

Class Location Key

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

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--DiAnne
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
9:30-10:30am **Fit Flow** SA--Charity	**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
	9:15-10:00am **Devout Dance** AS--Michelle	**9:30-10:30am** **W.O.W.** LV--Charity **$**	**10:30-11:00am** **Ai Chi** GP--Ann	**12:10-12:55pm** **Cycle & Strength** GC--Heather
11:00-12:00pm **Arthritis Aquat.** GP--Terry	**10:30-11:00am** **Ai Chi** GP--Ann	**9:45-10:30am** **Zumba** MPR--Elizabeth	**11:00-11:45am** **Arthritis Aquat.** GP--Mary	**6:00-7:00pm** **Zumba** AS--Kim
12:10-12:55pm **Boot Camp** AS--Heather	**11:00-11:45am** **Arthritis Aquat.** GP--Mary	**12:15-12:45pm** **Matrix Ride Expr** GC--Heather	**12:10-12:55pm** **Boot Camp** AS--Heather	
4:15-5:15pm **Adult Begin. Boxing** AS--Joshua **$**	**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	**SATURDAY**
5:30-6:30pm **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	**8:00-8:50 am** **Adv. Core Str.** AS--Clare/Sherry
6:30-7:30pm **Zumba** AS--Ada	**5:30-6:30am** **Fusion Flow** SA--Tiffany			

GROUP FITNESS SCHEDULE

September 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

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

9:00-10:00am
Power Yogalates
GYM--Abbie

9:00-10:00am
BodyPump
MPR--Jen

10:15-11:15am
Gentle Flow Yoga
MPR--Aurora

12:10-12:50pm
Boot Camp
MPR--Jen

5:30-6:30pm
BodyPump
MPR--Amber

TUESDAY

5:30-6:15am
Cycle & Strength
SPY--Jen

8:00-8:45am
Silver Sneakers
GYM--DiAnne

8:30-9:30am
BootCamp/Tabata
MPR--Charmain

9:00-10:00am
Essential Sr. Fitn.
GYM--Emma

9:00-10:00am
Matrix Ride
SPY--Pam

9:30-10:30am
StrongHer
RVC--Staff **$**

10:15-11:00am
Slow Flow Yoga
SPY--Pam **starts 9/15**

10:30-11:30am
Yoga Barre Blend
MPR--Aurora

12:10-12:50pm
Boot Camp
MPR--Ashley

6:00-7:00pm
Gentle Yoga Stretch
SPY--Anne

6:30-7:30pm
Zumba **starts 9/15**
MPR--Jess

WEDNESDAY

7:00-7:45am
Back to Basics
MPR--DiAnne

8:00-8:45am
Silver Sneakers
GYM--Diane H

9:00-10:00am
Power Yogalates
GYM--Abbie

9:00-10:00am
BodyPump
MPR--Lindsey

9:00-10:00am
Senior Strong
SPY--Clint **$**

10:15-11:15am
Essential Sr. Fit.
MPR--Emma

12:10-12:50pm
Boot Camp
MPR--Ashley

5:30-6:30pm
BodyPump
MPR--Jen

THURSDAY

5:30-6:15am
Cycle & Strength
SPY--Jen

8:00-8:45am
Silver Sneakers
GYM--Peggy

8:30-9:30am
BootCamp/Tabata
MPR--Charmain

9:00-10:00am
Essential Sr. Fitn.
GYM--Emma

9:00-10:00am
Matrix Ride
SPY--Jen

9:45-10:30am
Core 'n' More
MPR--Abbie

10:15-11:00am
Slow Flow Yoga
SPY--Pam

5:30-6:30pm
Barre
MPR--Amber

FRIDAY

5:30-6:15am
Strength Circuit
MPR--Klohie

7:00-7:45am
Back to Basics
MPR--DiAnne

8:00-8:45am
Silver Sneak. Yoga
GYM--Sara

9:00-10:00am
Line Dancing
GYM--Diane H

9:00-10:00am
BodyPump
MPR--Anthony

9:30-10:30am
Fit Flow
SPY--Charity

10:15-11:15am
Gentle Flow Yoga
MPR--Aurora

5:30-6:15pm
Fri. Fitness Mix
MPR--Varies

SATURDAY

8:00-9:00am
BodyPump
MPR--Varies