

GROUP FITNESS SCHEDULE



September 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--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--Mya \$	■ 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			

SHEBOYGAN FALLS YMCA

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

- 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		7:00-7:45am Back to Basics MPR--DiAnne		7:00-7:45am Back to Basics MPR--DiAnne
8:00-8:45am Silver Sneakers GYM--Diane H	8:00-8:45am Silver Sneakers GYM--DiAnne	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	9:00-10:00am Senior Strong SPY--Clint \$	9:00-10:00am Matrix Ride SPY--Jen	9:30-10:30am Fit Flow SPY--Charity
12:10-12:50pm Boot Camp MPR--Jen	9:30-10:30am StrongHer RVC--Staff \$	10:15-11:15am Essential Sr. Fit. MPR--Emma	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 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 MPR--Jess	12:10-12:50pm Boot Camp MPR--Ashley	10:15-11:00am Slow Flow Yoga SPY--Pam 5:30-6:30pm Barre MPR--Amber	5:30-6:15pm Fri. Fitness Mix MPR--Varies
				SATURDAY
				8:00-9:00am BodyPump MPR--Varies