

GROUP FITNESS SCHEDULE



AUGUST 2026

Class Location Key

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

CLASS COLOR KEY

■ AQUATIC
■ CARDIO
■ STRENGTH
■ MIND-BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
■ 5:45-6:30am Group Cycle GC--Anna	■ 5:45-6:45am Ult Boot Camp ■ Outside--Erika	■ 5:45-6:30am Group Cycle GC--Anna	■ 5:45-6:45am Ult Boot Camp ■ Outside--Erika	
■ 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 Sneak. Yoga LG--DiAnne
■ 8:30-9:30am Silver Sneakers ■ LG--Clint	■ 8:30-9:30am Shallow Water Aer VP--Tom	■ 8:30-9:30am Silver Sneakers LG--Elizabeth	■ 8:30-9:30am Deep Water Aero VP--Sue	■ 9:00-9:45am Dance Kick Lift ■ AS--Diane
■ 9:00-10:00am RIPPED ■ AS--Michelle	■ 8:30-9:30am Silver Sneakers ■ LG--Elizabeth	■ 9:00-10:00am RIPPED ■ AS--Michelle	■ 8:30-9:30am Silver Sneakers ■ LG--Vicki	■ 11:00-12:00pm Arthritis Aquat. GP--Terry
■ 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	■ 12:10-12:55pm Cycle & Strength ■ GC--Heather
	■ 9:15-10:00am Devout Dance AS--Michelle	■ 10:00-10:45am Beach Burn ■ Outside--Mya	■ 10:30-11:00am Ai Chi GP--Ann	■ 6:00-7:00pm Zumba AS--Kim
■ 11:00-12:00pm Arthritis Aquat. GP--Terry	■ 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	SATURDAY
■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 11:00-11:45am Arthritis Aquat. GP--Mary	■ 5:30-6:30pm Adv. Core Str. Clare--AS	■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 8:00-8:50 am Adv. Core Str. AS--Clare
■ 5:30-6:30pm Adv. Core Str. Clare--AS	■ 12:10-12:55pm Boot Camp ■ AS--Heather	■ 6:30-7:30pm Zumba AS--Ada	■ 5:30-6:15pm Barre ■ SA--Mya	
■ 6:30-7:30pm Zumba AS--Ada	■ 5:30-6:15pm Boot Camp ■ AS--Jen			
	■ 5:30-6:30am Fusion Flow SA--Tiffany			

GROUP FITNESS SCHEDULE

AUGUST 2026



SHEBOYGAN FALLS YMCA

CLASS LOCATION KEY

GYM = Lohmann Gymnasium
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 ■ 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	■ 5:30-6:15am Cycle Sculpt Stretch 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 Indoor Cycling SPY--Pam ■ 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 ■ 5:30-6:30pm BodyPump MPR--REPLAY	■ 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 ■ 10:15-11:15am Essential Sr. Fit. MPR--Emma ■ 12:10-12:50pm Boot Camp MPR--Ashley ■ 5:30-6:30pm BodyPump MPR--Jen	■ 5:30-6:15am Cycle Sculpt Stretch 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 Indoor Cycling 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	■ 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