

GROUP FITNESS SCHEDULE



JULY 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 Water Aerobics 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 Water Aerobics 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/Jen
	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--Michelle		5:30-6:30pm Zumba AS--Marie	
	5:30-6:30am Fusion Flow SA--Tiffany			

*** TIME CHANGE EFFECTIVE 7/6/2026**

GROUP FITNESS SCHEDULE

JULY 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	■ 5:30-6:15am Cycle Sculpt Stretch SPY--Jen		■ 5:30-6:15am Cycle Sculpt Stretch 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 Yoyalates GYM--Abbie	■ 8:30-9:30am BootCamp/Tabata MPR--Charmain	■ 9:00-10:00am Power Yoyalates 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--Anthony	■ 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--Jen
■ 10:15-11:15am Gentle Flow Yoga MPR--Aurora	■ 9:00-10:00am Indoor Cycling SPY--Pam	■ 10:15-11:15am Essential Sr. Fit. MPR--Emma	■ 9:00-10:00am Indoor Cycling SPY--Jen	■ 9:30-10:30am Fit Flow SPY--Charity
■ 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	■ 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	■ 10:30-11:30am Yoga Barre Blend MPR--Aurora	■ 5:30-6:30pm BodyPump MPR--Jen	■ 10:15-11:00am Slow Flow Yoga MPR--Pam	■ 5:30-6:15pm Fri. Fitness Mix MPR--Varies
	■ 12:10-12:50pm Boot Camp MPR--Ashley		■ 5:30-6:30pm Barre MPR--Amber	
	■ 5:30-6:30pm BodyPump MPR--REPLAY			
				SATURDAY
				■ 8:00-9:00am BodyPump MPR--Varies