

# GROUP FITNESS SCHEDULE



# SHEBOYGAN YMCA

## JUNE 2026

### Class Location Key

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

### CLASS COLOR KEY

■ AQUATIC  
■ CARDIO  
■ STRENGTH  
■ MIND-BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<span style="color: red;">■</span> 5:45-6:30am Group Cycle GC--Anna	<span style="color: black;">■</span> 5:45-6:45am <span style="color: red;">■</span> Ult Boot Camp Outside--Erika	<span style="color: red;">■</span> 5:45-6:30am Group Cycle GC--Tony	<span style="color: black;">■</span> 5:45-6:45am <span style="color: red;">■</span> Ult Boot Camp Outside--Erika	
<span style="color: blue;">■</span> 8:30-9:30am Shallow Water Aero VP--Sue	<span style="color: black;">■</span> 8:00-9:00am Strength/Pilates AS--Sara	<span style="color: blue;">■</span> 8:30-9:30am Water Aerobics VP--Tom	<span style="color: black;">■</span> 8:00-9:00am Strength/Pilates AS--Sara	<span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Silver Sneakers LG--Vicki
<span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Silver Sneakers LG--Clint	<span style="color: blue;">■</span> 8:30-9:30am Water Aerobics VP--Tom	<span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Silver Sneakers LG--Elizabeth	<span style="color: blue;">■</span> 8:30-9:30am Deep Water Aero VP--Sue	<span style="color: black;">■</span> 9:30-10:15am <span style="color: red;">■</span> Dance Kick Lift AS--Diane
<span style="color: black;">■</span> 9:00-9:45am <span style="color: red;">■</span> RIPPED AS--Michelle	<span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Silver Sneakers LG--Elizabeth	<span style="color: black;">■</span> 9:00-9:45am <span style="color: red;">■</span> RIPPED AS--Michelle	<span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Silver Sneakers LG--Vicki	<span style="color: blue;">■</span> 11:00-11:45am Arthritis Aquat. GP--Mary
<span style="color: black;">■</span> 9:30-10:30am <span style="color: red;">■</span> Fit Flow SA--Charity	<span style="color: black;">■</span> 9:00-9:45am <span style="color: red;">■</span> Barre SA--Mya	<span style="color: teal;">■</span> 9:00-9:45am Slow Flow Yoga SA--Paige	<span style="color: red;">■</span> 9:00-9:45am Spiritual Spin GC--Michelle	<span style="color: black;">■</span> 12:10-12:55pm <span style="color: red;">■</span> Matrix Ride Expr GC--Heather
<span style="color: red;">■</span> 9:30-10:15am Dance Fitness Outside--Diane	<span style="color: red;">■</span> 9:30-10:15am Devout Dance SA--Michelle	<span style="color: red;">■</span> 12:15-12:45pm Matrix Ride Expr GC--Heather	<span style="color: blue;">■</span> 10:30-11:00am Ai Chi GP--Ann	<span style="color: red;">■</span> 6:30-7:30pm Zumba AS--Kim
<span style="color: blue;">■</span> 11:00-12:00pm Arthritis Aquat. GP--Terry	<span style="color: blue;">■</span> 10:30-11:00am Ai Chi GP--Ann	<span style="color: black;">■</span> 5:30-6:30pm Adv. Core Str. Clare--AS	<span style="color: blue;">■</span> 11:00-11:45am Arthritis Aquat. GP--Mary	
<span style="color: black;">■</span> 12:10-12:55pm <span style="color: red;">■</span> Boot Camp AS--Michelle	<span style="color: blue;">■</span> 11:00-12:00pm Arthritis Aquat. GP--Mary	<span style="color: red;">■</span> 6:30-7:30pm Zumba AS--Ada	<span style="color: black;">■</span> 12:10-12:55pm <span style="color: red;">■</span> Boot Camp AS--Heather	
<span style="color: black;">■</span> 5:30-6:30pm Adv. Core Str. Clare--AS	<span style="color: black;">■</span> 12:10-12:55pm <span style="color: red;">■</span> Boot Camp AS--Heather		<span style="color: black;">■</span> 5:30-6:15pm <span style="color: red;">■</span> Barre SA--Mya	
<span style="color: red;">■</span> 6:30-7:30pm Zumba AS--Ada	<span style="color: black;">■</span> 5:30-6:15pm <span style="color: red;">■</span> Boot Camp AS--Michelle		<span style="color: red;">■</span> 6:30-7:30pm Zumba AS--Marie	
	<span style="color: teal;">■</span> 5:30-6:30am Fusion Flow SA--Tiffany			
				<b>SATURDAY</b>
				<span style="color: black;">■</span> 8:30-9:30am Adv. Core Str. AS--Clare

# GROUP FITNESS SCHEDULE



# SHEBOYGAN FALLS YMCA

## JUNE 2026

### 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
<p><span style="color: black;">■</span> 5:30-6:15am <span style="color: red;">■</span> Strength Circuit MPR--Klohie</p>	<p><span style="color: black;">■</span> 5:30-6:15am <span style="color: red;">■</span> Cycle, Sculpt, Stretch SPY--Jen</p>	<p><span style="color: red;">■</span> 5:30-6:00am Sprint8 Riverview--Jen</p>	<p><span style="color: black;">■</span> 5:30-6:15am <span style="color: red;">■</span> Cycle, Sculpt, Stretch SPY--Jen</p>	<p><span style="color: black;">■</span> 5:30-6:15am <span style="color: red;">■</span> Strength Circuit MPR--Klohie</p>
<p><span style="color: black;">■</span> 7:00-7:45am <span style="color: red;">■</span> Back to Basics MPR--Jen</p>		<p><span style="color: black;">■</span> 7:00-7:45am <span style="color: red;">■</span> Back to Basics MPR--DiAnne</p>		<p><span style="color: black;">■</span> 7:00-7:45am <span style="color: red;">■</span> Back to Basics MPR--DiAnne</p>
<p><span style="color: black;">■</span> 8:00-8:45am <span style="color: red;">■</span> Silver Sneakers GYM--Diane H</p>	<p><span style="color: black;">■</span> 8:00-8:45am <span style="color: red;">■</span> Silver Sneakers GYM--DiAnne</p>	<p><span style="color: black;">■</span> 8:00-8:45am <span style="color: red;">■</span> Silver Sneakers GYM--Diane H</p>	<p><span style="color: black;">■</span> 8:00-8:45am <span style="color: red;">■</span> Silver Sneakers GYM--Peggy</p>	<p><span style="color: teal;">■</span> 8:00-8:45am Silver Sneak. Yoga GYM--Sara</p>
<p><span style="color: black;">■</span> 9:00-10:00am Power Yogalates GYM--Abbie</p>	<p><span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Boot Camp/Tabata MPR--Charmain</p>	<p><span style="color: black;">■</span> 9:00-10:00am Power Yogalates GYM--Abbie</p>	<p><span style="color: black;">■</span> 8:30-9:30am <span style="color: red;">■</span> Boot Camp/Tabata MPR--Charmain</p>	<p><span style="color: red;">■</span> 9:00-10:00am Line Dancing GYM--Diane H</p>
<p><span style="color: black;">■</span> 9:00-10:00am <span style="color: red;">■</span> BodyPump MPR--Jen</p>	<p><span style="color: black;">■</span> 9:00-10:00am <span style="color: red;">■</span> Essential Sr. Fit. GYM--Emma</p>	<p><span style="color: black;">■</span> 9:00-10:00am <span style="color: red;">■</span> BodyPump MPR--Lindsey</p>	<p><span style="color: black;">■</span> 9:00-10:00am <span style="color: red;">■</span> Essential Sr. Fit. GYM--Emma</p>	<p><span style="color: black;">■</span> 9:00-10:00am <span style="color: red;">■</span> BodyPump MPR--Anthony</p>
<p><span style="color: teal;">■</span> 10:15-11:15am Gentle Flow Yoga MPR--Aurora</p>	<p><span style="color: red;">■</span> 9:00-10:00am Indoor Cycling SPY--Pam</p>	<p><span style="color: black;">■</span> 10:15-11:15am <span style="color: red;">■</span> Essential Sr. Fit. GYM--Emma</p>	<p><span style="color: red;">■</span> 9:00-10:00am Indoor Cycling SPY--Jen</p>	<p><span style="color: black;">■</span> 9:30-10:30am <span style="color: red;">■</span> Fit Flow SPY--Charity</p>
<p><span style="color: black;">■</span> 12:10-12:50pm <span style="color: red;">■</span> Boot Camp MPR--Jen</p>	<p><span style="color: teal;">■</span> 10:15-11:00am Slow Flow Yoga SPY--Pam</p>	<p><span style="color: black;">■</span> 12:10-12:50pm <span style="color: red;">■</span> Boot Camp MPR--Ashley</p>	<p><span style="color: black;">■</span> 9:45-10:15am Core 'n' More MPR--Abbie</p>	<p><span style="color: teal;">■</span> 10:15-11:15am Gentle Flow Yoga MPR--Aurora</p>
	<p><span style="color: teal;">■</span> 10:30-11:30am Yoga Barre Blend MPR--Pam</p>	<p><span style="color: black;">■</span> 5:30-6:30pm <span style="color: red;">■</span> BodyPump MPR--Jen</p>	<p><span style="color: teal;">■</span> 10:15-11:00am Slow Flow Yoga MPR--Pam</p>	<p><span style="color: black;">■</span> 5:30-6:15pm <span style="color: red;">■</span> Fri. Fitness Mix MPR--Varies</p>
	<p><span style="color: black;">■</span> 12:10-12:50pm <span style="color: red;">■</span> Boot Camp MPR--Ashley</p>		<p><span style="color: black;">■</span> 5:30-6:30pm Barre MPR--Amber</p>	
	<p><span style="color: black;">■</span> 5:30-6:30pm <span style="color: red;">■</span> BodyPump MPR--REPLAY</p>			
	<p><span style="color: teal;">■</span> 6:00-7:00pm Slow Flow Yoga SPY--Kelly</p>			
				<p><b>SATURDAY</b></p> <p><span style="color: black;">■</span> 8:00-9:00am <span style="color: red;">■</span> BodyPump MPR--Varies</p>