

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
■ 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 Silv. 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	■ 9:00-10:00am ■ Dance Kick Lift AS--Diane
■ 9:00-9:45am ■ RIPPED AS--Michelle	■ 8:30-9:30am ■ Silver Sneakers LG--Elizabeth	■ 9:00-9:45am ■ RIPPED AS--Michelle	■ 8:30-9:30am ■ Silver Sneakers LG--Vicki	■ 11:00-11:45am Arthritis Aquat. GP--Mary
■ 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--Michelle
■ 9:30-10:15am Dance Fitness Outside--Diane	■ 9:30-10:15am Devout Dance AS--Michelle	■ 12:15-12:45pm Matrix Ride Expr GC--Heather	■ 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	■ 5:30-6:30pm Adv. Core Str. Clare--AS	■ 11:00-11:45am Arthritis Aquat. GP--Mary	
■ 12:10-12:55pm ■ Boot Camp AS--Michelle	■ 11:00-12:00pm Arthritis Aquat. GP--Mary	■ 6:30-7:30pm Zumba AS--Ada	■ 12:10-12:55pm ■ Boot Camp AS--Heather	
■ 5:30-6:30pm Adv. Core Str. Clare--AS	■ 12:10-12:55pm ■ Boot Camp AS--Heather		■ 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			
				SATURDAY
				■ 8:00-8:50 am Adv. Core Str. AS--Clare

GROUP FITNESS SCHEDULE

JUNE 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	■ 5:30-6:00am Sprint8 Riverview--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 Silv. 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--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 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			
	■ 6:00-7:00pm Slow Flow Yoga SPY--Kelly			
				SATURDAY
				■ 8:00-9:00am ■ BodyPump MPR--Varies