

COLOR CODED INTENSITY! USE THIS KEY WHEN CHOOSING THE CLASS THAT'S RIGHT FOR YOU!

****KEEP IN MIND ALL LEVELS CAN BE MODIFIED OR AMPLIFIED TO TAILOR TO YOUR LEVEL.**

Color Coded Intensity!
RED=High/Advanced
ORANGE=Medium/Intermediate
GREEN=Low/Beginner
BLUE=Finely Aged or Sedentary

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE

OCTOBER 1- 31, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:15am	Strength Circuit <i>Maddy – MPR</i>	Cycle, Sculpt & Stretch <i>Missy – SPY</i>	BODYPUMP™ Express <i>Jen – MPR</i>	Cycle & Strength <i>Klohie – SPY</i>	Strength Circuit <i>Maddy – MPR</i>
7:00 – 7:45am	Back to Basics <i>Jen – MPR</i>		Back to Basics <i>Jen – MPR</i>		
8:00 – 8:45am	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>Jen – GYM/Zoom</i>	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>Peggy – GYM/Zoom</i>	Silver Sneakers Yoga – <i>Sara/GYM</i>
8:30 – 9:30am		Boot Camp/Tabata <i>Charmain – MPR</i>		Boot Camp/Tabata <i>Charmain – MPR</i>	
9:00 – 10:00am	Power Yogalates <i>Abbie – GYM/Zoom</i>		Power Yogalates <i>Abbie – GYM/Zoom</i>		Power Yogalates <i>Abbie – SPY</i>
9:00 – 10:00am	BODYPUMP™ <i>Jen – MPR</i>	Indoor Cycling <i>Pam – SPY</i>	BODYPUMP™ <i>Lindsey – MPR</i>	Indoor Cycling <i>Jen – SPY</i>	BODYPUMP™ <i>Anthony – MPR</i>
9:00 – 10:00am		Essential Senior Fitness <i>Emma – GYM</i>		Essential Senior Fitness <i>Emma – GYM</i>	Line Dancing <i>Diane – GYM</i>
9:45 – 10:30am				Butts 'n Guts <i>Abbie – MPR</i>	
10:15 – 11:00am		Slow Flow Yoga <i>Pam – SPY</i>		Slow Flow Yoga <i>Pam – SPY</i>	
10:15 – 11:15am	Gentle Flow Yoga <i>Aurora – MPR</i>		Essential Senior Fitness <i>Emma – MPR</i>		Gentle Flow Yoga <i>Aurora – MPR</i>
10:30 – 11:30am		Yoga-Barre Blend <i>Aurora – MPR</i>	Slow Flow Yoga <i>Pam – SPY</i>		
12:10 – 12:50pm	Boot Camp/Tabata <i>Jen – MPR</i>	Boot Camp <i>Ashley – MPR</i>	Boot Camp <i>Ashley – MPR</i>		
5:30 – 6:15pm					Friday Fitness Mix <i>Varies – MPR</i>
5:30 – 6:30pm	BODYPUMP™ <i>Amber – MPR</i>	BODYPUMP™ <i>REPLAY – MPR</i>	BODYPUMP™ <i>Jen – MPR</i>	Barre <i>Amber – MPR</i>	SATURDAY
6:00 – 7:00pm		Slow Flow Yoga <i>Anne – SPY</i>		8:00 – 9:00am	BODYPUMP™ <i>Varies – MPR</i>
Class Location Key GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				9:15am – 10:15am	Matrix Ride <i>Varies – SPY</i>
				10:30 – 11:15am	Slow Flow Yoga <i>Pam – SPY</i>

REGISTER NOW FOR THIS UPCOMING EVENT IN OCTOBER

NEON NIGHT AT THE BARRE FRIDAY OCTOBER 31, 2025

Age 18 & Older

Join Amber for some tricks and treats in this illuminating Barre class. Wear your neon colors, we'll bring the glow sticks, Halloween themed music and fun! Bring your ambition for a strength workout; stay for a healthy treat and special potion!

Friday 5:30-6:30pm

Sheboygan County Y Member Free*

Non-Member \$10.00 *

Donations welcome to benefit the Falls Y Fitness Dept.

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:45am		Ultimate Boot Camp <i>Erika - outside/AS</i>		Ultimate Boot Camp <i>Erika - outside/AS</i>	
6:00 - 6:45am	Power Flow Yoga <i>Paige B- SA</i>			NEW!>>	Power Flow Yoga <i>Paige K SA</i>
5:45 - 6:30am	Group cycle <i>Anna- GC</i>		Group cycle <i>Tony- GC</i>		Group Cycle <i>Anna -GC</i>
8:00 - 9:00am		Strength/Pilates <i>Sara -AS</i>		Strength/Pilates <i>Sara - AS</i>	
8:30 - 9:30am	Shallow Water Aerobics <i>Sue - VP</i>	Water Aerobics <i>Tom - VP</i>	Water Aerobics <i>Tom - VP</i>	Deep Water Aerobics <i>Sue - VP</i>	
8:30 - 9:30am	Silver Sneakers <i>Clint - LG</i>	Silver Sneakers <i>Elizabeth - LG</i>	Silver Sneakers <i>Elizabeth - LG</i>	Silver Sneakers <i>Vicki - LG +15min stretch 75 min class</i>	Silver Sneakers Yoga <i>Diane/Vicki - LG</i>
9:00 - 9:45am	RIPPED <i>Michelle - AS</i>	Barre <i>Mya - SA</i>	RIPPED <i>Michelle -AS</i>	Spiritual Spin <i>Michelle - GC</i>	Dance, Kick, Lift <i>Michelle - AS</i>
9:15 - 10:00am				Breathe & Stretch <i>John -- SA</i>	
9:30 - 10:30am	Dance Fitness <i>Diane -MPR 45 mins</i>	Zumba® <i>Elizabeth - AS *9:35</i>			
10:00 - 10:45am			Flex & Core <i>John -- SA</i>		
10:30 - 11:00am		Ai Chi <i>Ann -GP</i>		Ai Chi <i>Ann -GP</i>	
11:00 - 12:00pm	Arthritis Aquatics <i>Terry -GP</i>	Arthritis Aquatics <i>Mary -GP</i>		Arthritis Aquatics <i>Mary -GP</i>	Arthritis Aquatics <i>Terry - GP</i>
12:10 - 12:55pm	Bootcamp <i>Michelle - AS</i>	Bootcamp <i>Heather - AS</i>		Boot Camp <i>Heather - AS</i>	Cycle & Strength <i>Michelle - GC</i>
12:15 - 12:45pm			Matrix Ride Express <i>Heather - GC</i>		
5:15 - 5:45pm					
5:30 - 6:15pm		Bootcamp <i>Michelle - AS</i>		Barre <i>Mya - SA</i>	
5:30 - 6:30pm	Adv Core Strength <i>Clare - AS</i>	Fusion Flow <i>Tiffany - SA</i>	Adv Core Strength <i>Clare - AS</i>		
6:00 - 7:00pm					Zumba® <i>Kim - AS</i>
6:15 - 7:15pm		Water Aerobics <i>Jackie - VP</i>			
6:30 - 7:30pm	Zumba® <i>Ada- AS</i>		Zumba® <i>Ada - AS</i>	SATURDAY	SUNDAY

Class Location Key

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

8:30 - 9:30am

Adv Core Strength
Clare - MPR

9:00 - 10:00am