

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

November 1- 30, 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 <i>Yoga – 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>Jen – MPR</i>	Boot Camp/Strength <i>Pam – MPR</i>		
5:30 – 6:15pm			Starts NOV 19 ↑		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 NOVEMBER

BLACK FRIDAY FITNESS FRENZY **NOVEMBER 28, 2025**

Age 18 & Older

Try this fitness class combination! Start with a 45 minute ride with Pam to get the heart rate revved up. Continue the calorie burn while getting stronger in BodyPump with Amber. Finish with a great recovery stretch with Pam.

• 7:00-7:45am - Express Cycle • 8:00-8:45am - Body Pump • 9:00-9:30am - Yoga • **WEAR ALL BLACK!**

Friday7:00 – 9:30am

Sheboygan County Y Member \$5* Non-Member \$10.00 *

*Donations welcome to benefit the Falls Y Fitness Dept.

Sheboygan County YMCA are closed Thanksgiving Day. Try the Doug Open Run/Walk for the kids this year! Check each Y location for modified scheduling Thanksgiving week/weekend when our instructors may be taking time off to spend with their families.

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November 1 – 30, 2025

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 45 mins</i>		Arthritis Aquatics <i>Mary –GP 45 mins</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>		
5:30 – 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>		
5:30 - 6:30pm			Group Cycle <i>Jim - GC</i>		
6:00 - 7:00pm		Deep Water Aerobics <i>Jackie – VP 45 mins</i>			Zumba® <i>Kim - AS</i>
6:30 – 7:30pm	Zumba® <i>Ada- AS</i>	Group Cycle <i>Michelle – GC 45 mins</i>	Zumba® <i>Ada - AS</i>	SATURDAY	SUNDAY
			8:30 - 9:30am	Adv Core Strength <i>Clare - MPR</i>	

Class Location Key

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

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Revised 9/26/25 MB