

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.**

ALL FITNESS CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP, INCLUDING THOSE AT YMCA AT BERKSHIRE COMMUNITY GYMNASIUM (former Sheboygan Falls Middle School – 101 School Street, Sheboygan Falls)!

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

SHEBOYGAN FALLS YMCA FITNESS SCHEDULE					
January 2 – June 1, 2024					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:15am	Butts `n Guts <i>DiAnne – MPR</i>	Indoor Cycling <i>Maddy – SPY</i>		Indoor Cycling <i>Maddy – SPY</i>	Barre <i>Nancy – MPR</i>
7:00 – 7:45am	Back to Basics <i>DiAnne – MPR</i>		Back to Basics <i>Jen – MPR</i>		Back to Basics <i>DiAnne – MPR</i>
8:00 – 8:45am	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>DiAnne – GYM/Zoom</i>	Silver Sneakers <i>Diane – GYM/Zoom</i>	Silver Sneakers <i>Jen – 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>		Line Dancing Fun <i>Diane – GYM</i>
9:00 – 10:00am	BODYPUMP™ <i>Erika – MPR</i>	Indoor Cycling <i>Jenny – SPY</i>	BODYPUMP™ <i>Jen – MPR</i>	Indoor Cycling <i>Brenda – SPY</i>	BODYPUMP™ <i>Varies – MPR</i>
9:00 – 10:00am		Essential Senior Fitness <i>Emma – GYM</i>		Essential Senior Fitness <i>Emma – GYM</i>	
9:15 – 10:00am	Customized Yoga <i>Jenny – SPY</i>				
9:45 – 10:30am		Butts `n Guts <i>DiAnne – MPR</i>		Butts `n Guts <i>Charmain/Abbie – MPR</i>	
10:15 – 11:00am		Slow Flow Yoga <i>Pam – SPY</i>	Restorative/Yin Yoga <i>Pam – SPY</i>	Slow Flow Yoga <i>Pam – SPY</i>	
10:15 – 11:15am			Essential Senior Fitness <i>Emma – MPR</i>		
12:10 – 12:55pm	Cardio Strength Mix <i>Jen – MPR</i>	Boot Camp <i>Ashley – MPR</i>	Boot Camp <i>Ashley – MPR</i>	40-Minute Shred <i>Lauren – MPR</i>	Slow Flow Yoga <i>Maggie – SPY</i>
5:30 – 6:15pm				Barre <i>Amber – MPR</i>	Friday Fitness Mix <i>Varies – MPR</i>
5:30 – 6:30pm	BODYPUMP™ <i>Jen – MPR</i>	BODYPUMP™ <i>Replay – MPR</i>	BODYPUMP™ <i>Jen – MPR</i>		
6:15 – 7:00pm					SATURDAY
Class Location Key				8:00 – 9:00am	Saturday Strength <i>Varies – MPR</i>
GYM = gymnasium • MPR = multi-purpose room • SPY = Spin/Yoga Room				9:15 – 10:15am	Matrix Ride <i>Varies – SPY</i>

- Zoom:** These classes have a Zoom option. Please call the Welcome Desk at 920-467-2464 weekdays between 7:30am – 6:00pm for the meeting ID and password, or email jkovacs@sheboygancountnymca.org.
- Fitness schedule is subject to change based on attendance and/or demand.**

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YMCA AT BERKSHIRE COMMUNITY GYMNASIUM F					
January 2 – June 1, 2024					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45am					
10:30 – 11:00am	Sit and Stretch <i>Jen</i>				Sit and Stretch <i>Jen</i>

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SHEBOYGAN YMCA FITNESS SCHEDULE

January 2 – June 1, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:45am	Group Cycle Tony- GC	Ultimate Boot Camp Erika - AS	Group Cycle Tony- GC	Ultimate Boot Camp Erika - AS	
5:45 - 6:30am			Barre Nancy - Studio A	Starts 4/5 →	Group Cycle Charity-GC
8:00 - 9:00am		Strength/Pilates Sara - AS		Strength/Pilates Sara - AS	
8:30 - 9:30am	Aqua Fitness Sue - VP		Water Aerobics Amy - VP	Aqua Fitness Sue - VP	
8:30 - 9:30am	Silver Sneakers Clint - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers Elizabeth - LG	Silver Sneakers Vicki - LG +15min stretch 75 min class	Silver Sneakers Yoga DiAnne - LG
9:00 - 9:45am	RIPPED Michelle - AS	Slow Flow Yoga Jessica - SA	RIPPED Michelle - AS	TRX Total body blast Michelle-GC *waitlist	Dance, Kick, Lift Michelle - AS
9:00 - 10:00am		LIVESTRONG® MPR			
9:15 - 10:00am				Barre Dawn - MPR	
9:30 - 10:30am	*45mins Dance Fitness Diane- MPR	Zumba® Elizabeth - AS			
9:30 - 10:30am	TRX Total body blast Charity - GC	← starts 4/1			
10:00 - 11:00am			Slow Flow Yoga Amy - SA	Slow Flow Yoga Amy - SA	
10:15 - 11:00am		Qigong Jon - MPR		Tai Chi Jon - MPR	
10:30 - 11:00am		Ai Chi GP		Ai Chi GP	
10:45 - 11:45am			Senior Circuit Vicki- AS *45 min		Water Aerobics Amy - VP
11:00 - 11:45am		Cycling Vicki-GC			
11:00 - 12:00pm	Arthritis Aquatics GP	Arthritis Aquatics GP		Arthritis Aquatics GP	Arthritis Aquatics GP
12:10 - 12:55pm	Bootcamp Michelle - AS	Bootcamp Heather - AS		Boot Camp Heather - AS	Cycle & Strength Michelle - GC
12:15 - 12:45pm			Matrix Ride Express Heather - GC		
5:15 - 5:45pm	*45mins Tai Chi Jon - SA		Matrix Ride Express Heather - GC		
5:30 - 6:15pm		Bootcamp Michelle - AS			
5:30 - 6:30pm	Adv Core Strength Clare - AS	Fusion Flow Tiffany - SA	Adv Core Strength Clare - AS		
6:00 - 7:00pm					Zumba® Kim - AS
6:30 - 7:30pm	Zumba® Rotation- AS		Zumba® Ada - AS	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 - AS

9:00 - 10:00am

9:00 - 10:00am

LIVESTRONG®
MPR

Group Cycle
Varies - GC