



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# YMCA OF THE FOX CITIES GROUP FITNESS SCHEDULE

## Summer Session

June 11 - August 26, 2018

Holiday Fitness With A Friend (week of July 2-8)...refer to your specific branch for schedule of classes.

| MONDAY                |                                 | TUESDAY               |                                      | WEDNESDAY             |                                     |
|-----------------------|---------------------------------|-----------------------|--------------------------------------|-----------------------|-------------------------------------|
| Early Morning Classes |                                 | Early Morning Classes |                                      | Early Morning Classes |                                     |
| 5:00-5:45 AM          | Deep Water Exercise-DW          | 5:00-6:00 AM          | Boot Camp Outside                    | 5:00-5:45 AM          | Deep Water Exercise - DW            |
| 5:00-5:45 AM          | Group Cycling                   | 5:00-5:45 AM          | Group Cycling - CS                   | 5:00-5:45 AM          | Group Cycling - CS                  |
| 5:10-5:55 AM          | Transform - HLS                 | 5:05-5:35 AM          | TRX - AS \$                          | 5:15-6:00 AM          | Boot Camp outside                   |
| 5:15-6:00 AM          | Cardio-Strength Fusion - AS     | 5:10-5:55 AM          | AXIS - Aerobic Studio                | 5:15-6:00 AM          | Cardio-Strength Fusion - AS         |
| 5:15-6:15 AM          | Group Cycling                   | 5:15-6:00 AM          | Group Cycling - WR                   | 5:15-6:15 AM          | Group Cycling                       |
| 5:15-6:00 AM          | Group Cycling                   | 5:15-6:00 AM          | Group Cycling                        | 5:15-6:00 AM          | Group Cycling                       |
| 5:15-6:15 AM          | Boot Camp-outside               | 5:15-6:00 AM          | Group Cycling                        | 5:15-6:00 AM          | Step Interval - Aerobic Studio      |
| 5:15-6:00 AM          | Strength & Resistance - AS      | 5:15-6:15 AM          | Max Intervals-VH Gym                 | 5:15-6:15 AM          | Strength & Resistance - T           |
| 5:30-6:15 AM          | H2O Fusion - Boldt              | 5:30-6:00 AM          | Max Interval Express - T             | 5:30-6:15 AM          | H2O Intervals - Boldt               |
| 5:30-6:15 AM          | Group Cycling                   | 5:30-6:15 AM          | Strength & Resistance - AP Gym       | 5:30-6:15 AM          | Group Cycling                       |
| 5:45-6:30 AM          | Boot Camp - AP Gym              | 5:30-6:15 AM          | H2O Strength/Stretch - Boldt         | 5:45-6:30 AM          | Boot Camp - AP Gym                  |
| 5:45-6:30 AM          | H2O Fusion- Pool                | 5:30-6:15 AM          | Hatha Yoga - SMBS                    | 5:45-6:15 AM          | H2O Fusion-Pool                     |
| 6:00-7:00 AM          | Power Yoga - SMBS               | 5:45-6:30 PM          | Outdoor Boot Camp                    | 6:00-7:00 AM          | Power Yoga - SMBS                   |
| 6:00-6:45 AM          | Group Cycling - CS              | 5:30-6:30 AM          | Hatha Yoga -MB                       | 6:00-6:45 AM          | Deep Water Exercise - DW            |
| 6:00-6:45 AM          | Deep Water Exercise - DW        | 6:00-6:30 AM          | Kettlebell - AS                      | 6:00-6:45 AM          | Group Cycling - CS                  |
| 7:00-7:45 AM          | Slow Flow Yoga - WP             | 6:15-7:00 AM          | Water Running - Boldt                | 6:00-6:45 AM          | Y Groove Cycle - NEW!               |
| 6:30-7:00 AM          | Syngry Group Training \$        | 6:15-7:00 AM          | Group Cycling                        | 6:00-6:45 AM          | Strength & Resistance - AS          |
| 7:00-7:45 AM          | H2O Exercise - YP               | 6:30-7:00 AM          | TRX \$ - AP Gym                      | 6:30-7:00 AM          | Syngry Group Training - \$          |
| 6:45-7:30 AM          | H2O Exercise - Boldt/Guardian   | 6:30-7:00 AM          | TRX - \$ AS                          | 6:45-7:45 PM          | Reformer 3 - \$                     |
| 7:30-8:15 AM          | Cardiac H2O - Boldt             | 7:00-7:45 AM          | Zumba Gold - AS                      | 7:00-7:45 AM          | Slow Flow Yoga - WP                 |
| 7:15-8:00 AM          | Simply Balance - AP Gym         | 7:00-7:45 AM          | Slow Flow Yoga - HLS                 | 7:00-7:45 AM          | H2O Exercise - YP                   |
| 7:45-8:30 AM          | Silver Sneaker Classic - WP     | 7:30-8:30 AM          | Slow Flow Yoga - SMBS                | 6:45-7:30 AM          | H2O Exercise - Boldt/Guardian       |
| 7:50-8:50 AM          | Reformer 3 - \$                 | 7:45-8:30 AM          | Simply Fit - AS                      | 7:15-8:00 AM          | Simply Balance - AP Gym             |
|                       |                                 | 7:50-8:50 AM          | Reformer 3 - \$                      | 7:30-8:15 AM          | Cardiac H2O - Boldt                 |
|                       |                                 |                       |                                      | 7:45-8:30 AM          | Strength & Resistance - WFC         |
|                       |                                 |                       |                                      | 7:45-8:30 AM          | Silver Sneaker Classic - RO         |
|                       |                                 |                       |                                      | 7:50-8:50 AM          | Reformer 2 - \$                     |
| Mid Morning Classes   |                                 | Mid Morning Classes   |                                      | Mid Morning Classes   |                                     |
| 8:15-9:00 AM          | Deep Devotion - Boldt           | 7:55-8:40 AM          | Silver Sneakers Classic - AP Gym     | 8:00-9:00 AM          | Zumba - AP Gym                      |
| 8:00-8:45 AM          | Slow Flow Yoga - SMBS           | 8:00-8:30 AM          | Strength & Resistance - AS           | 8:15-9:00 AM          | Deep Devotion - Boldt               |
| 8:00-9:00 AM          | Strength & Resistance - WFC     | 8:00-9:00 AM          | Cardio Strength Fusion - WFC         | 8:00-8:45 AM          | Hatha Yoga - AS                     |
| 8:05-8:45 AM          | H2O Fusion-Pool                 | 8:00-8:45 AM          | H2O Fusion - Boldt                   | 8:00-8:45 AM          | Simply Stretch-Martial Arts Studio  |
| 8:00-8:45 AM          | Strength & Resistance-AS        | 8:00-8:45 AM          | Arthritis Aquatics - Guardian        | 8:05-8:45 AM          | H2O Fusion - Pool                   |
| 8:15-9:15 AM          | Boot Camp - outside             | 8:00-8:45 AM          | Silver Sneaker Classic - MAS         | 8:00-8:45 AM          | Strength and Resistance - AS        |
| 8:15-9:00 AM          | H2O Fusion - PL                 | 8:00-8:45 AM          | Simply Fit-Van Hoof Gym              | 8:15-9:00 AM          | Kettlebell Boot Camp - AS           |
| 8:30-9:15 AM          | Group Cycle - WR                | 8:00-8:45 AM          | H2O Strength & Stretch - YP          | 8:15-9:00 AM          | Guided Meditation - SMBS            |
| 8:30-9:15 AM          | Cardio Strength Fusion - AS     | 8:00-8:55 AM          | PIYo Live - MB                       | 8:15-9:00 AM          | Aqua Yoga - PL                      |
| 8:15-9:15 AM          | Group Cycling                   | 8:15-9:15 AM          | Group Cycling                        | 8:15-9:15 AM          | Group Cycling                       |
| 8:45-9:30 AM          | Barre Pilates - DS              | 8:15-9:00 AM          | H2O Fusion - PL                      | 8:30-9:30 AM          | Hatha Yoga - SMB                    |
| 8:30-9:15 AM          | Group Cycling                   | 8:30-9:00 AM          | Core - AS                            | 8:30-9:15 AM          | Group Cycling - CS                  |
| 8:30-9:45 AM          | Power Vinyasa Yoga - SMB        | 8:05-8:45 AM          | Simply Fit H2O - Pool                | 8:30-9:30 AM          | Simply Fit - AS                     |
| 8:30-9:30 AM          | Strength & Resistance - UG      | 8:00-8:45 AM          | Group Cycling                        | 8:30-9:30 AM          | Strength & Resistance -UG           |
| 8:30-9:30 AM          | Simply Fit - AS                 | 8:40-9:20 AM          | Strength & Resistance - AS           | 8:40-9:25 AM          | Silver Sneaker Classic - RO         |
| 8:40-9:25 AM          | Silver Sneaker Classic - RO     | 8:30-9:45 AM          | Power Vinyasa Yoga - SMB             | 8:50-9:35 AM          | Power Vinyasa Yoga - WP             |
| 9:00-9:45 AM          | Group Cycling                   | 8:30-9:30 AM          | Zumba - AS                           | 9:00-9:45 AM          | TABATA Cardio - Endries Gym         |
| 9:00-10:00 AM         | Power Yoga - SMBS               | 8:30-9:15 AM          | Group Cycling - WR                   | 8:55-9:55 AM          | Barre Blended Pilates Reformer - \$ |
| 9:00-10:00 AM         | Strength & Resistance - WFC     | 8:45-9:30 AM          | Arthritis Aquatics - Guardian        | 9:00-9:45 AM          | Group Cycling -                     |
| 9:00-10:00 AM         | Cardio - AP Gym                 | 8:45-9:30 AM          | Step - Orbison                       | 9:00-10:00 AM         | Power Yoga - SMBS                   |
| 9:00-9:45 AM          | Step - AS                       | 9:00-9:30 AM          | Syngry Group Training - \$           | 9:00-10:00 AM         | Tabata Cardio Core - AP Gym         |
| 9:00-9:45 AM          | Group Cycling                   | 9:00-10:00 AM         | Pilates/Yoga Fusion - SMBS           | 9:00-10:00 AM         | Strength & Resistance - WFC         |
| 9:00-9:45 AM          | Deep Water Exercise - Pool      | 9:00-9:45 AM          | Group Cycling                        | 9:00-9:45 AM          | Cardio Kickboxing - AS              |
| 9:00-9:45 AM          | BollyX-Aerobic Studio           | 9:00-9:45 AM          | Silver Sneakers Classic - MAS        | 9:00-10:00 AM         | Slow Flow Yoga - MB                 |
| 9:00-9:50 AM          | Slow Flow Yoga-HLS              | 9:00-9:45 AM          | Beg Pilates/Yoga Fusion - HLS        | 9:00-9:45 AM          | Deep Water Exercise - Pool          |
| 9:00-10:00 AM         | Boot Camp-outside               | 9:00-10:00 AM         | Zumba - Aerobic Studio               | 9:00-9:45 AM          | Step - Aerobic Studio               |
| 9:00-9:45 AM          | H2O Exercise - YP               | 9:00-10:00 AM         | Cross Training Circuit - Endries Gym | 9:00-9:45 AM          | Group Cycling                       |
| 9:00-10:00 AM         | Boot Camp - T                   | 9:00-9:45 AM          | Cardio Gold - Front 1/2 UG           | 9:00-9:50 AM          | Slow Flow Yoga - HLS                |
| 9:00-9:45 AM          | Silver Sneaker Classic - 1/2 UG | 9:00-9:45 AM          | H2O Exercise - YP                    | 9:00-9:45 AM          | H2O Exercise - YP                   |
| 9:05-9:50 AM          | Simply Fit H2O - PL             | 9:00-9:45 AM          | Deep Water Exercise - DW             | 9:00-10:00 AM         | Boot Camp - T                       |
| 9:00-10:00 AM         | Slow Flow Yoga - MB             | 9:05-9:50 AM          | Simply Fit H2O- PL                   | 9:30-11:00 AM         | Stay Strong - T                     |
| 9:30-10:15 AM         | Cycling Lite                    | 9:15-10:10 AM         | Zumba - AS                           | 9:00-9:45 AM          | Silver Sneaker Classic - 1/2 UG     |
| 9:50-10:35 AM         | Simply Fit - AS                 | 9:15-10:45 AM         | Power Vinyasa Yoga - MB              | 9:00-10:00 AM         | Barre Fusion - DS                   |
| 10:00-11:00 AM        | Pilates/Yoga Fusion - SMBS      | 9:30-10:30 AM         | Strollerobics - Outside              | 9:05-9:50 AM          | Deep Water - PL                     |
| 10:00-11:00 AM        | Reformer 2 - \$                 | 9:30-10:30 AM         | Boot Camp - outside                  | 9:45-10:45 AM         | Zumba - AS                          |

|                |                            |                |                                   |                |                            |
|----------------|----------------------------|----------------|-----------------------------------|----------------|----------------------------|
| 10:00-10:30 AM | Cycle Lite Express         | 9:45-10:45 AM  | Tai Chi - Shattuck Park           | 9:50-10:35 AM  | Simply Fit - AS            |
| 10:00-11:00 AM | Zumba-Aerobic Studio       | 10:00-10:30 AM | Kids Fitness Class - outside      | 10:00-11:00 AM | Pilates/Yoga Fusion - SMBS |
| 10:00-10:45 AM | Pilates - SMB              | 10:00-10:45 AM | Foam Roller                       | 10:00-11:00 AM | Zumba - Aerobic Studio     |
| 10:00-10:45 AM | Senior Water Exercise - YP | 10:00-11:00 AM | <b>Reformer Mat Flow - \$</b>     | 10:00-11:00 AM | Power Vinyasa Yoga-HLS     |
| 10:00-10:45 AM | Deep Water Exercise - DW   | 10:00-11:00 AM | Restorative Yin Yoga              | 10:00-10:45 AM | Pilates - SMB              |
| 10:10-10:55 AM | Simply Fit - WFC           | 10:00-11:00 AM | Strong Bones - UG                 | 10:00-10:45 AM | Deep Water Exercise -DW    |
| 10:15-11:15 AM | Simply Yoga - MB           | 10:00-10:45 AM | Arthritis Aquatics - YP           | 10:00-10:45 AM | Senior Water Exercise - YP |
| 10:00-11:00 AM | Chair Yoga                 | 10:15-11:15 AM | Strength & Resistance - WFC       | 10:00-10:45 AM | Chair Yoga -UG             |
| 10:30-11:15 AM | Chair Yoga - 1/2 UG        | 10:15-11:00 AM | Cardio Dance Gold - AS            | 10:10-10:55 AM | Simply Fit - Appvion       |
| 10:45-11:30 AM | Simply Strength - AS       | 10:15-11:15 AM | Strength & Resistance - AS        | 10:15-11:15 AM | Simply Yoga - MB           |
| 10:45-11:00 AM | Water Walking - YP         | 10:30-11:30 AM | Simply Stretch - SMBS             | 10:45-11:30 AM | Simply Strength - AS       |
|                |                            | 10:00-11:00 AM | Zumba                             | 10:45-11:00 AM | Water Walking -YP          |
|                |                            | 11:00-11:30 AM | <b>Synrgy Group Training - \$</b> |                |                            |

| Lunch Hour Classes |                                    | Lunch Hour Classes |                                     | Lunch Hour Classes |                                    |
|--------------------|------------------------------------|--------------------|-------------------------------------|--------------------|------------------------------------|
| 11:05-11:50        | Simply Strength - WFC              | 11:00-NOON         | <b>Reformer 1 - \$</b>              | 11:05-11:50 AM     | Simply Strength - WFC              |
| 11:00-NOON         | <b>Reformer 1 - \$</b>             | 11:00-11:45 AM     | Senior Water Exercise - YP          | 11:00-11:45 AM     | Zumba Gold - AP GYM                |
| 11:10-11:50 AM     | Meditative Yoga - SMBS             | 11:05-NOON         | Chair Yoga - MB                     | 11:00-11:45 AM     | Simply Stretch - SMBS              |
| 11:00-11:45 AM     | Zumba Gold - AP Gym                |                    |                                     | 11:30-NOON         | <b>Synrgy Group Training - \$</b>  |
| 11:30-NOON         | Synrgy Group Training \$           | 11:30-NOON         | Strength & Resistance Express - FWR | 11:30-NOON         | Restorative Yoga - MB              |
| 11:15-12:15 PM     | Chair Yoga - HLS                   | NOON-12:45 PM      | H2O Strength/Stretch - Boldt        | 11:15-12:15 PM     | Chair Yoga - HLS                   |
| 11:30-NOON         | Restorative Yoga - MB              | NOON-1:00 PM       | <b>Reformer 2 - \$</b>              | NOON-1:00 PM       | Aqua Zumba                         |
| NOON-1:00 PM       | Power Hour - AS                    | NOON-12:45 PM      | Group Cycling                       | NOON-12:45 PM      | Group Cycling - WR                 |
| NOON-12:45 PM      | Aqua Zumba - Boldt                 | NOON-1:00 PM       | Power Vinyasa Yoga -SMB             | NOON-12:45PM       | Aqua Zumba - Boldt                 |
| NOON-12:45 PM      | Hatha Yoga - SMBS                  | NOON-1:00 PM       | Pre/postnatal Aqua - YP             | NOON-12:45PM       | Hatha Yoga - SMBS                  |
| NOON-12:45 PM      | Group Cycling                      | 12:10-12:50 PM     | Group Cycling - CS                  | NOON-12:45PM       | Group Cycling                      |
| NOON-12:45 PM      | Kettlebell Boot Camp - AS          | 12:15-1:00 PM      | Tai Chi - HLS                       | NOON-12:45 PM      | Kettlebell Boot Camp - AS          |
| 12:05-12:50 PM     | Tai Chi Easy - WP                  | 1:45-3:15 PM       | Tai Chi - SMBS                      | 12:05-12:50 PM     | Fitness on Demand - Aerobic Studio |
| 12:05-12:50 PM     | Group Cycling -Cycling Studio      | 3:15-4:15 PM       | Tai Chi for Beginners - SMBS        | 12:05-12:50 PM     | Group Cycling                      |
| 12:05-12:50 PM     | Fitness On Demand - Aerobic Studio |                    |                                     | 12:10-12:55 PM     | Boot Camp - T                      |
| 12:10-12:55 PM     | Boot Camp -AS                      |                    |                                     | 12:45-1:45 PM      | Enhance Fitness - APGYM            |
| 12:45-1:45 PM      | Enhance Fitness - APGYM            |                    |                                     | 2:30-3:15 PM       | Aqua Zumba - YP                    |
| 2:30-4:00 PM       | Stay Strong - Track                |                    |                                     |                    |                                    |
| 2:30-3:15 PM       | Aqua Zumba - YP                    |                    |                                     |                    |                                    |

| Evening Classes |                                 | Evening Classes |                                     | Evening Classes |                                 |
|-----------------|---------------------------------|-----------------|-------------------------------------|-----------------|---------------------------------|
| 4:00-5:00 PM    | <b>Reformer 3 - \$</b>          | 4:00-4:30 PM    | Core                                | 4:00-5:00 PM    | <b>Reformer 3 - \$</b>          |
| 4:00-4:30 PM    | <b>Synrgy Group Training \$</b> | 4:20-5:15 PM    | <b>Aerial Yoga - \$</b>             | 4:00-4:30 PM    | <b>Synrgy Group Training \$</b> |
| 4:15-5:15 PM    | <b>Aerial Yoga - \$</b>         | 5:00-5:45PM     | Group Cycling                       | 5:00-6:00 PM    | Strong by Zumba - AS            |
| 4:15-5:15 PM    | Zumba - Aerobic Studio          | 5:00-5:45 PM    | Core-Strength-Core - T              | 5:00-5:45 PM    | Group Cycling - CS              |
| 4:30-5:15 PM    | Core - WFC                      | 5:20-6:20 PM    | Zumba - Aerobic Studio              | 5:30-6:30 PM    | Hatha Yoga - SMB                |
| 4:45-5:30 PM    | Group Cycling                   | 5:20-6:15 PM    | <b>Aerial Yoga - \$</b>             | 5:00-6:00 PM    | PiYo Live - AS                  |
|                 |                                 | 5:30-6:15 PM    | Strength and Resistance - WFC       | 5:30-6:30 PM    | Power Vinyasa Yoga - MB         |
| 5:00-5:45 PM    | Group Cycling - CS              | 5:30-6:15 PM    | Group Cycling                       | 5:15-6:15 PM    | TABATA Cardio - AS              |
| 5:10-6:10 PM    | <b>Reformer 1\$</b>             | 5:30-6:00 PM    | <b>TRX/Kettlebell Combo \$ - AS</b> | 5:30-6:30 PM    | Strong by Zumba - AS            |
| 5:15-6:00 PM    | PiYo Live - AS                  | 5:30-6:15 PM    | Pilates - Healthy Living Studio     | 5:30-6:15 PM    | Group Cycling - WR              |
| 5:30-6:15 PM    | Pound - AS                      | 5:30-6:30 PM    | Cycle 360 - Cycling Studio          | 5:00-6:00 PM    | Cycling Boot Camp               |
| 5:30-6:30 PM    | Outdoor Boot Camp               | 6:00-6:45 PM    | Power Vinyasa Yoga - MB             | 5:30-6:30 PM    | Zumba - APGYM                   |
| 5:25-6:25 PM    | Power Yoga - SMBS               | 6:00-6:45 PM    | Group Cycling                       | 5:30-6:30 PM    | Mindful Movement 2 - SMBS       |
| 5:25-6:10 PM    | Cardio Strength Fusion - AS     | 6:15-7:15 PM    | H2O Fusion - Boldt                  | 5:30-6:30 PM    | Cardio Strength Fusion -T       |
| 5:30-6:30 PM    | Power Vinyasa Yoga              | 6:05-7:05 PM    | Cardio Kickboxing - AS              | 6:00-7:00 PM    | Yoga Basics - WP                |
| 5:30-6:15 PM    | Cardio Strength Fusion - T      | 6:15-7:15 PM    | Pilates/Yoga Fusion - AS            | 6:00-6:45 PM    | Group Cycling                   |
| 5:30-6:30 PM    | Power Vinyasa Yoga - SMB        | 6:15-7:15 PM    | Turbo Kick - AS                     | 6:00-6:45 PM    | Group Cycling                   |
| 5:45-6:30 PM    | Group Cycling                   | 6:30-7:30 PM    | Power Yoga - SMBS                   | 6:00-6:45 PM    | Barre Pilates - AS              |
| 6:00-7:00 PM    | Yoga Basics - WP                | 6:30-7:30 PM    | Step Combo - Aerobic Studio         | 6:15-7:10 PM    | Zumba - AS                      |
| 6:00-6:45 PM    | Group Cycling                   | 6:45-7:45 PM    | Restorative/Yin Yoga - SMB          | 6:30-7:45 PM    | Mindful Movement 1 - SMBS       |
| 6:00-6:45 PM    | Group Cycling                   | 7:00-8:00 PM    | Inspire - T                         | 6:30-7:30 PM    | Strength and Resistance - AS    |
| 6:00-7:00 PM    | Zumba - AP GYM                  | 7:30-8:15 PM    | H2O Fusion - Pool                   | 6:45-7:45 PM    | Yoga for Men - AS               |
| 6:15-7:00 PM    | Deep Water Exercise -DW SUM2    | 8:00-8:55 PM    | Restorative Yoga - SMBS             | 6:30-7:30 PM    | Tai Chi - AP Gym                |
| 6:15-7:10 PM    | Zumba - AS                      |                 |                                     | 7:15-8:00 PM    | H2O Fusion - PL                 |
| 6:30-7:30 PM    | Hatha Yoga - SMBS               |                 |                                     |                 |                                 |
| 6:30-7:30 PM    | Strength and Resistance - AS    |                 |                                     |                 |                                 |
| 7:15-8:00 PM    | Deep Water - PL                 |                 |                                     |                 |                                 |
| 7:15-8:15 PM    | Yoga for Men - WP               |                 |                                     |                 |                                 |
| 7:15-8:00 PM    | Barre Fusion - AS               |                 |                                     |                 |                                 |

| THURSDAY              |                                  | FRIDAY                |                             | SATURDAY              |                              |
|-----------------------|----------------------------------|-----------------------|-----------------------------|-----------------------|------------------------------|
| Early Morning Classes |                                  | Early Morning Classes |                             | Early Morning Classes |                              |
| 5:00-6:00 AM          | Boot Camp - outside              | 5:00-5:45 AM          | Deep Water Exercise - DW    | 6:00-6:45 AM          | Water Running - Boldt        |
| 5:00-5:45 AM          | Group Cycling - CS               | 5:15-6:15 AM          | Turbo Kick - AS             | 6:30-7:30 AM          | Boot Camp - outside          |
| 5:05-5:35 AM          | <b>TRX \$ - AS</b>               | 5:15-6:15 AM          | Group Cycling               | 6:15-7:30 AM          | TABATA Cardio - Van Hoof Gym |
| 5:10-5:55 AM          | Core/Strength/Core - VH Gym      | 5:15-6:00 AM          | Cycle 360                   | 7:00-8:00 AM          | H2O Fusion - Boldt           |
| 5:15-6:00 AM          | Group Cycling                    | 5:15-6:15 AM          | Boot Camp - outside         | 7:00-7:45 AM          | Group Cycling                |
| 5:15-6:00 AM          | Group Cycling - WR               | 5:30-6:15 AM          | Cardio Strength Fusion - AS | 7:30-8:00 AM          | Strength & Resistance - AS   |
| 5:15-6:00 AM          | Group Cycling                    | 5:30-6:15 AM          | Group Cycling               | 7:30-8:15 AM          | Group Cycling - WR           |
| 5:15-6:15 AM          | BOSU Cardio/Conditioning - AS    | 5:30-6:15 AM          | H2O Fusion - Boldt          | 7:30-8:15 AM          | Group Cycling                |
| 5:30-6:00 AM          | Max Interval Express - T         | 5:30-6:30 AM          | Nordic Walking              |                       |                              |
| 5:30-6:15 AM          | Strength and Resistance - AP Gym | 5:45-6:30 AM          | Boot Camp - AP Gym          |                       |                              |
| 5:30-6:15 AM          | H2O Strength/Stretch - Boldt     | 5:45-6:30 AM          | H2O Fusion - Pool           |                       |                              |
| 5:30-6:15 AM          | Hatha Yoga - SMBS                | 6:00-6:45 AM          | Group Cycling - CS          |                       |                              |

|              |                        |              |                               |
|--------------|------------------------|--------------|-------------------------------|
| 5:45-6:30 AM | Outdoor Boot Camp      | 6:00-6:45 AM | Deep Water Exercise - DW      |
| 5:45-6:15 AM | H2O Strength & Stretch | 6:15-7:15 AM | Power Vinyasa Yoga - WP       |
| 6:00-6:30 AM | Kettlebell - AS        | 6:30-7:00 AM | Syngry Group Training - \$    |
| 6:15-7:00 AM | Water Running - Boldt  | 6:30-7:00 AM | TRX \$ - AP Gym               |
| 6:30-7:00 AM | TRX \$ - AP Gym        | 7:00-7:45 AM | H2O Exercise - YP             |
| 6:30-7:00 AM | TRX \$ - AS            | 7:00-7:45 AM | Zumba Gold - AS               |
| 7:00-7:45 AM | Slow Flow Yoga - HLS   | 7:30-8:15 AM | Cardiac H2O - Boldt           |
| 7:30-8:30 AM | Slow Flow Yoga - SMBS  | 6:45-7:30 AM | H2O Exercise - Boldt/Guardian |
| 7:45-8:30 AM | Simply Fit- AS         |              |                               |
| 6:45-7:45 AM | Reformer 3 - \$        |              |                               |
| 7:50-8:50 AM | Reformer 3 - \$        |              |                               |

| Mid Morning Classes |                                     | Mid Morning Classes |                                 | Mid Morning Classes |                                 |
|---------------------|-------------------------------------|---------------------|---------------------------------|---------------------|---------------------------------|
| 7:55-8:40 AM        | Silver Sneakers Classic - AP GYM    | 8:00-9:00 AM        | Strength & Resistance - WFC     | 8:00-9:00 AM        | Strength & Resistance - WFC     |
| 8:00-8:45 AM        | Hatha Yoga - WP                     | 8:15-9:00 AM        | Deep Devotion - Boldt           | 8:00-9:00 AM        | Zumba - AP GYM                  |
| 8:00-8:45 AM        | H2O Fusion - Boldt                  | 8:15-9:00 AM        | Arthritis Aqua - PL             | 8:00-8:45 AM        | Sampler Saturday-Aerobic Studio |
| 8:00-8:45 AM        | Arthritis Aquatics - Guardian       | 8:10-8:55 AM        | Zumba - AS                      | 8:00-8:45 AM        | H2O Strength & Stretch - YP     |
| 8:00-8:30 AM        | Strength & Resistance - AS          | 8:00-8:45 AM        | Strength & Resistance - AS      | 8:00-8:45 AM        | Circuit Training -T             |
| 8:00-8:45 AM        | Simply Fit - Aerobic Studio         | 8:15-8:45 AM        | Guided Meditation - SMBS        | 8:15-9:10 AM        | PiYo LIVE - AS                  |
| 8:00-8:45 AM        | Silver Sneakers Classic - MAS       | 8:15-9:00 AM        | Simply Stretch - WP             | 8:45-9:45 AM        | Zumba -AS                       |
| 8:00-8:45 AM        | H2O Strength & Stretch - YP         | 8:30-9:30 AM        | Zumba - AS                      | 8:45-10:00 AM       | Hatha Yoga -SMB                 |
| 8:05-8:45 AM        | Simply Fit H2O - Pool               | 8:15-9:15 AM        | Group Cycling                   | 9:00-10:00 AM       | Power Yoga                      |
| 8:00-9:00 AM        | Cardio Strength Fusion - WFC        | 8:30-9:45 PM        | Power Vinyasa Yoga - SMB        | 9:00-10:00 AM       | Power Yoga - SMBS               |
| 8:00-8:45 AM        | Reality Rides                       | 8:30-9:30 AM        | Strength & Resistance -T        | 9:00-9:45 AM        | Strength & Resistance-AS        |
| 8:00-8:55 AM        | PiYo Live - DS                      | 8:30-9:30 AM        | Simply Fit -AS                  | 9:00-10:00 AM       | Hatha Yoga - HLS                |
| 8:15-9:00 AM        | H2O Fusion - PL                     | 8:30-9:15 AM        | Group Cycling - WR              | 9:15-10:00 AM       | Zumba - AS                      |
| 8:35-9:15 AM        | Strength & Resistance - AS          | 9:00-9:45 AM        | Kettlebell - AS                 | 10:15-11:15 AM      | Hatha Yoga - SMBS               |
| 8:30-9:00 AM        | Core - AS                           | 9:00-10:00 AM       | Slow Flow Yoga -MB              |                     |                                 |
| 8:15-9:15 AM        | Group Cycling                       | 9:00-9:45 AM        | Group Cycling                   |                     |                                 |
| 8:45-9:30 AM        | Barre Pilates - DS                  | 9:00-10:00 AM       | Power Yoga - SMBS               |                     |                                 |
| 8:30-9:45 AM        | Power Vinyasa Yoga -SMB             | 9:00-10:00 AM       | Cardio - AP GYM                 |                     |                                 |
| 8:30-9:30 AM        | Zumba -AS                           | 9:00-10:00 AM       | Reformer 1 - \$                 |                     |                                 |
| 8:45-9:30 AM        | Arthritis Aquatics - Guardian       | 9:00-9:45 AM        | Simply Stretch - MAS            |                     |                                 |
| 8:45-9:30 AM        | STEP - Orbison                      | 9:00-9:45 AM        | Group Cycling                   |                     |                                 |
| 8:55-9:55 AM        | Barre Blended Pilates Reformer - \$ | 9:00-9:50 AM        | BollyX - Aerobic Studio         |                     |                                 |
| 9:00-10:00 AM       | Power Vinyasa Yoga - WP             | 9:00-10:00 AM       | Max Intervals - Endries Gym     |                     |                                 |
| 9:00-9:30 AM        | Syngry Group Training \$            | 9:00-9:45 AM        | H2O Exercise -YP                |                     |                                 |
| 9:00-10:00 AM       | Pilates/Yoga Fusion - SMBS          | 9:00-9:45 AM        | Silver Sneaker Classic-1/2UG    |                     |                                 |
| 9:00-9:45 AM        | Group Cycling                       | 9:05-9:50 AM        | Deep Water - PL                 |                     |                                 |
| 9:00-9:45 AM        | Silver Sneakers Classic - MAS       | 9:50-10:35 AM       | Simply Fit - AS                 |                     |                                 |
| 9:00-9:45 AM        | Beg Pilates/Yoga Fusion - HLS       | 10:00-11:00 AM      | Tai Chi for Better Balance - WP |                     |                                 |
| 9:00-10:00 AM       | Zumba Toning - Aerobic Studio       | 10:00-11:00 AM      | Reformer 2 - \$                 |                     |                                 |
| 9:00-9:45 AM        | Cardio Gold -Front 1/2 UG           | 10:00-11:00 AM      | Slow Flow Yoga - SMBS           |                     |                                 |
| 9:00-9:45 AM        | Aqua Zumba -YP                      | 10:00-10:30 AM      | Cycle Lite Express              |                     |                                 |
| 9:00-9:45 AM        | Deep Water Exercise -DW             | 10:00-11:00 AM      | Zumba - Aerobic Studio          |                     |                                 |
| 9:15-10:10 AM       | Zumba - AS                          | 10:00-10:45 AM      | Pilates - SMB                   |                     |                                 |
| 9:05-9:50 AM        | Simply Fit H2O Fusion - PL          | 10:00-10:45 AM      | Chair Yoga - UG                 |                     |                                 |
| 9:30-10:15 AM       | Zumba Gold - AP Gym                 | 10:00-11:00 AM      | Arthritis Aquatics -YP          |                     |                                 |
| 9:15-10:45 AM       | Power Vinyasa Yoga - MB             | 10:00-11:00 AM      | Enhance Fitness                 |                     |                                 |
| 9:30-10:30 AM       | Strollerobics -outside              | 10:30-11:30 AM      | Power Vinyasa Yoga - MB         |                     |                                 |
| 9:30-10:30 AM       | Boot Camp - AS                      | 10:30-11:30 AM      | Chair Yoga - HLS                |                     |                                 |
| 10:00-11:00 AM      | Strong Bones - UG                   | 10:45-11:30 AM      | Silver Sneakers Classic - AS    |                     |                                 |
| 10:00-11:00 AM      | Restorative Yin Yoga - SMB          | 11:00-NOON          | Reformer 1 - \$                 |                     |                                 |
| 10:00-10:45 AM      | Arthritis Aquatics -YP              | 11:00-11:45 AM      | Simply Stretch - SMBS           |                     |                                 |
| 10:00-11:00 AM      | Reformer 2 \$                       |                     |                                 |                     |                                 |
| 10:15-11:15 AM      | Strength & Resistance - WFC         |                     |                                 |                     |                                 |
| 10:15-11:00 AM      | Zumba Gold - AS                     |                     |                                 |                     |                                 |
| 10:15-11:00 AM      | Strength & Resistance - AS          |                     |                                 |                     |                                 |
| 10:30-11:30 AM      | Simply Stretch - SMBS               |                     |                                 |                     |                                 |

| Lunch Hour Classes |                                     | Lunch Hour Classes |                              | Lunch Hour Classes |  |
|--------------------|-------------------------------------|--------------------|------------------------------|--------------------|--|
| 11:00-11:45 AM     | Senior Water Exercise -YP           | 11:15-NOON         | Senior Water Exercise - YP   |                    |  |
| 11:05-NOON         | Chair Yoga - MB                     | NOON-1:00 PM       | Power Hour - AS              |                    |  |
|                    |                                     | NOON-1:00 PM       | Power Vinyasa Yoga - SMB     |                    |  |
| 11:30-NOON         | Strength & Resistance Express - FWR | 11:45-12:15 PM     | TRX/Kettlebell Combo - \$ AS |                    |  |
| NOON-12:45 PM      | H2O Strength/Stretch - Boldt        | NOON-12:45 PM      | H2O Fusion - Boldt           |                    |  |
| NOON-12:45 PM      | Group Cycling                       | 11:30-NOON         | Syngry Group Training \$     |                    |  |
| NOON-1:00 PM       | Power Vinyasa Yoga -SMB             | NOON-12:45 PM      | Group Cycling                |                    |  |
| NOON-1:00 PM       | Pre/postnatal Aqua -YP              | NOON-12:45 PM      | Power Yoga - SMBS            |                    |  |
| 1:45-3:15 PM       | Tai Chi - SMBS                      | 12:05-12:50 PM     | Group Cycling                |                    |  |
| 3:15-4:15 PM       | Tai Chi for Beginners - SMBS        | 12:15-1:00 PM      | Tai Chi - HLS                |                    |  |

| Evening Classes |                            | Evening Classes |                             | Evening Classes |  |
|-----------------|----------------------------|-----------------|-----------------------------|-----------------|--|
| 4:15-5:00 PM    | Transform - HLS            | 4:45-5:30 PM    | Cardio Barre Blend - AP Gym |                 |  |
| 5:00-6:00 PM    | Zumba -AS                  |                 |                             |                 |  |
| 5:00-5:45 PM    | Core-Strength-Core -T      |                 |                             |                 |  |
| 5:15-6:15 PM    | Reformer 1 - \$            |                 |                             |                 |  |
| 5:30-6:15 PM    | Group Cycling              |                 |                             |                 |  |
| 5:15-6:00 PM    | Pilates - HLS              |                 |                             |                 |  |
| 5:30-6:15 PM    | Strength & Resistance - AS |                 |                             |                 |  |

|              |                                |
|--------------|--------------------------------|
| 5:30-6:30 PM | Power Vinyasa Yoga - MB        |
| 5:30-6:15 PM | Pound - AS                     |
| 5:30-6:30 PM | Vinyasa Flow Yoga -SMB - SUM1  |
| 5:45-6:30 PM | Kettlebell - Apgym             |
| 5:30-6:30 PM | Outdoor Boot Camp              |
| 5:25-6:25 PM | Power Yoga SMBS                |
| 6:15-7:15 PM | H2O Fusion - Boldt             |
| 6:00-6:45 PM | Group Cycling                  |
| 6:05-7:05 PM | Cardio Kickboxing-AS           |
| 6:15-7:15 PM | Pilates/Yoga Fusion-AS         |
| 6:15-7:00 PM | Deep Water Exercise -DW - SUM2 |
| 6:30-7:30 PM | Hatha Yoga - SMBS              |
| 6:45-7:45 PM | Restorative/Yin Yoga -KR       |
| 7:00-8:30 PM | Stay Strong - T                |
| 7:30-8:15 PM | H2O Fusion - Pool              |
| 8:00-8:55 PM | Restorative Yoga - SMBS        |
| 8:35-9:25 PM | H2O Fusion - Pool              |

| <b>SUNDAY</b>              |                         |
|----------------------------|-------------------------|
| <b>Mid Morning Classes</b> |                         |
| 8:45-9:45 AM               | Zumba - AS              |
| 9:00-10:00 AM              | Power Vinyasa Yoga      |
| 9:30-10:30 AM              | Zumba - Aerobic Studio  |
| 10:15-11:30 AM             | Mindful Movement - SMBS |

### FITNESS KEY

**\$** - These classes require an extra fee to participate in classes.

**#** - These classes regularly reach our full room capacity. Please pick up a ticket at our scanner desk up to 30 minutes before class.

**Bold** - Registration is required to guarantee your spot in class.

### CLASS GUIDELINES

If less than 3 people show up for a class, the instructor may not teach class that day.

If less than 5 people show up for a class for two consecutive weeks, class may be cancelled for the remainder of the session.

### ROOM KEY

| <b>Apple Creek YMCA</b>   | <b>Appleton YMCA</b>   | <b>Fox West YMCA</b>  | <b>Heart of the Valley YMCA</b>  |
|---|--|---|--|
| AS = Aerobic Studio<br>WP = White Pine Room<br>RO = Red Oak Room<br>WC = Wellness Center<br>WR = Willow Room (Cycling Studio)<br>O = Outdoor  | AP Gym = Appleton Papers Gym<br>Boldt = Boldt Pool<br>FWR = Free Weight Room<br>Guardian = Guardian Pool<br>SMBS = Spirit, Mind, Body Studio<br>WFC = Women's Fitness Center | AS = Aerobic Studio<br>LL = Lower Level<br>MB = Mind/Body Studio<br>PL = Pool | AS = Aerobic Studio<br>HLS = Healthy Living Studio<br>MAS = Martial Arts Studio<br>VH Gym = Van Hoof Gym |
| <b>Neenah-Menasha YMCA</b><br>AS = Aerobic Studio - Basement<br>CS = Cycling Studio - Basement<br>DW = Diving Well - Basement<br>KR = Keller Room - 2nd floor<br>SMB = Spirit Mind Body Studio-Basement<br>T = Track - 2nd Floor<br>UG = Upper Gym - 2nd floor<br>YP = Yard Pool - Basement |  |   |  |

**This schedule is subject to change. Please watch our website/APP for updates.**