



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			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	Synrgy 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	Synrgy 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	Outdoor Yoga
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	Synrgy 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
		9:00-9:45 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

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

Lunch Hour Classes	
11:05-11:50	Simply Strength - WFC
11:00-NOON	Reformer 1 - \$
11:10-11:50 AM	Meditative Yoga - SMBS
11:00-11:45 AM	Zumba Gold - AP Gym
11:30-NOON	Synrgy Group Training \$
11:15-12:15 PM	Chair Yoga - HLS
11:30-NOON	Restorative Yoga - MB
NOON-1:00 PM	Power Hour - AS
NOON-12:45 PM	Aqua Zumba - Boldt
NOON-12:45 PM	Hatha Yoga - SMBS
NOON-12:45 PM	Group Cycling
NOON-12:45 PM	Kettlebell Boot Camp - AS
12:05-12:50 PM	Tai Chi Easy - WP
12:05-12:50 PM	Group Cycling -Cycling Studio
12:05-12:50 PM	Fitness On Demand - Aerobic Studio
12:10-12:55 PM	Boot Camp -AS
12:45-1:45 PM	Enhance Fitness - APGYM
2:30-4:00 PM	Stay Strong - Track
2:30-3:15 PM	Aqua Zumba - YP

Lunch Hour Classes	
11:00-NOON	Reformer 1 - \$
11:00-11:45 AM	Senior Water Exercise - YP
11:05-NOON	Chair Yoga - MB
11:30-NOON	Strength & Resistance Express - FWR
NOON-12:45 PM	H2O Strength/Stretch - Boldt
NOON-1:00 PM	Reformer 2 - \$
NOON-12:45 PM	Group Cycling
NOON-1:00 PM	Power Vinyasa Yoga -SMB
NOON-1:00 PM	Pre/postnatal Aqua - YP
12:10-12:50 PM	Group Cycling - CS
12:15-1:00 PM	Tai Chi - HLS
1:45-3:15 PM	Tai Chi - SMBS
3:15-4:15 PM	Tai Chi for Beginners - SMBS

Lunch Hour Classes	
11:05-11:50 AM	Simply Strength - WFC
11:00-11:45 AM	Zumba Gold - AP GYM
11:00-11:45 AM	Simply Stretch - SMBS
11:30-NOON	Synrgy Group Training - \$
11:30-NOON	Restorative Yoga - MB
11:15-12:15 PM	Chair Yoga - HLS
NOON-1:00 PM	Aqua Zumba
NOON-12:45 PM	Group Cycling - WR
NOON-12:45PM	Aqua Zumba - Boldt
NOON-12:45PM	Hatha Yoga - SMBS
NOON-12:45PM	Group Cycling
NOON-12:45 PM	Kettlebell Boot Camp - AS
12:05-12:50 PM	Fitness on Demand - Aerobic Studio
12:05-12:50 PM	Group Cycling
12:10-12:55 PM	Boot Camp - T
12:45-1:45 PM	Enhance Fitness - APGYM
2:30-3:15 PM	Aqua Zumba - YP

Evening Classes	
4:00-5:00 PM	Reformer 3 - \$
4:00-4:30 PM	Synrgy Group Training \$
4:15-5:15 PM	Aerial Yoga - \$
4:15-5:15 PM	Zumba - Aerobic Studio
4:30-5:15 PM	Core - WFC
4:45-5:30 PM	Group Cycling
5:00-5:45 PM	Group Cycling - CS
5:10-6:10 PM	Reformer 1\$
5:15-6:00 PM	PiYo Live - AS
5:30-6:15 PM	Pound - AS
5:30-6:30 PM	Boot Camp - outside
5:25-6:25 PM	Power Yoga - SMBS
5:25-6:10 PM	Cardio Strength Fusion - AS
5:30-6:30 PM	Power Vinyasa Yoga
5:30-6:15 PM	Cardio Strength Fusion - T
5:30-6:30 PM	Power Vinyasa Yoga - SMB
5:45-6:30 PM	Group Cycling
6:00-7:00 PM	Yoga Basics - WP
6:00-6:45 PM	Group Cycling
6:00-6:45 PM	Group Cycling
6:00-7:00 PM	Zumba - AP GYM
6:15-7:00 PM	Deep Water Exercise -DW SUM2
6:15-7:10 PM	Zumba - AS
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

Evening Classes	
4:00-4:30 PM	Core
4:20-5:15 PM	Aerial Yoga - \$
5:00-5:45PM	Group Cycling
5:00-5:45 PM	Core-Strength-Core - T
5:20-6:20 PM	Zumba - Aerobic Studio
5:20-6:20 PM	Aerial Yoga - \$
5:30-6:15 PM	Strength and Resistance - WFC
5:30-6:15 PM	Group Cycling
5:30-6:00 PM	TRX/Kettlebell Combo \$ - AS
5:30-6:15 PM	Pilates - Healthy Living Studio
5:30-6:30 PM	Cycle 360 - Cycling Studio
5:30-6:30 PM	Power Vinyasa Yoga - MB
6:00-6:45 PM	Group Cycling
6:15-7:15 PM	H2O Fusion - Boldt
6:05-7:05 PM	Cardio Kickboxing - AS
5:15-6:15 PM	Pilates/Yoga Fusion - AS
6:15-7:15 PM	Turbo Kick - AS
6:30-7:30 PM	Power Yoga - SMBS
6:30-7:30 PM	Step Combo - Aerobic Studio
6:45-7:45 PM	Restorative/Yin Yoga - SMB
7:00-8:00 PM	Inspire - T
7:30-8:15 PM	H2O Fusion - Pool
8:00-8:55 PM	Restorative Yoga - SMBS

Evening Classes	
4:00-5:00 PM	Reformer 3 - \$
4:00-4:30 PM	Synrgy Group Training \$
5:00-6:00 PM	Strong by Zumba - AS
5:00-5:45 PM	Group Cycling - CS
5:30-6:30 PM	Hatha Yoga - SMB
5:00-6:00 PM	PiYo Live - AS
5:30-6:30 PM	Power Vinyasa Yoga - MB
5:15-6:15 PM	TABATA Cardio - AS
5:30-6:30 PM	Strong by Zumba - AS
5:30-6:15 PM	Group Cycling - WR
5:00-6:00 PM	Cycling Boot Camp
5:30-6:30 PM	Zumba - APGYM
5:30-6:30 PM	Mindful Movement 2 - SMBS
5:30-6:30 PM	Cardio Strength Fusion -T
6:00-7:00 PM	Yoga Basics - WP
6:00-6:45 PM	Group Cycling
6:00-6:45 PM	Group Cycling
6:00-6:45 PM	Barre Pilates - AS
6:15-7:10 PM	Zumba - AS
6:30-7:45 PM	Mindful Movement 1 - SMBS
6:30-7:30 PM	Strength and Resistance - AS
6:45-7:45 PM	Yoga for Men - AS
6:30-7:30 PM	Tai Chi - AP Gym
7:15-8:00 PM	H2O Fusion - PL

THURSDAY	
Early Morning Classes	
5:00-6:00 AM	Boot Camp - outside
5:00-5:45 AM	Group Cycling - CS
5:05-5:35 AM	TRX \$ - AS
5:10-5:55 AM	Core/Strength/Core - VH Gym
5:15-6:00 AM	Group Cycling
5:15-6:00 AM	Group Cycling - WR
5:15-6:00 AM	Group Cycling
5:15-6:15 AM	BOSU Cardio/Conditioning - AS
5:30-6:00 AM	Max Interval Express - T
5:30-6:15 AM	Strength and Resistance - AP Gym
5:30-6:15 AM	H2O Strength/Stretch - Boldt
5:30-6:15 AM	Hatha Yoga - SMBS

FRIDAY	
Early Morning Classes	
5:00-5:45 AM	Deep Water Exercise - DW
5:15-6:15 AM	Turbo Kick - AS
5:15-6:15 AM	Group Cycling
5:15-6:00 AM	Cycle 360
5:15-6:15 AM	Boot Camp - outside
5:15-6:00 AM	Strength & Resistance - AS
5:30-6:15 AM	Group Cycling
5:30-6:15 AM	H2O Fusion - Boldt
5:30-6:30 AM	Nordic Walking
5:45-6:30 AM	Boot Camp - AP Gym
5:45-6:30 AM	H2O Fusion - Pool
6:00-6:45 AM	Group Cycling - CS

SATURDAY	
Early Morning Classes	
6:00-6:45 AM	Water Running - Boldt
6:30-7:30 AM	Boot Camp - outside
6:15-7:30 AM	TABATA Cardio - Van Hoof Gym
7:00-8:00 AM	H2O Fusion - Boldt
7:00-7:45 AM	Group Cycling
7:30-8:00 AM	Strength & Resistance - AS
7:30-8:15 AM	Group Cycling - WR
7:30-8:15 AM	Group Cycling

5:45-6:15 AM	H2O Strength & Stretch	6:00-6:45 AM	Deep Water Exercise - DW
6:00-6:30 AM	Kettlebell - AS	6:15-7:15 AM	Power Vinyasa Yoga - WP
6:15-7:00 AM	Water Running - Boldt	6:30-7:00 AM	Syngy Group Training - \$
6:30-7:00 AM	TRX \$ - AP Gym	6:30-7:00 AM	TRX \$ - AP Gym
6:30-7:00 AM	TRX \$ - AS	7:00-7:45 AM	H2O Exercise - YP
7:00-7:45 AM	Slow Flow Yoga - HLS	7:00-7:45 AM	Zumba Gold - AS
7:30-8:30 AM	Slow Flow Yoga - SMBS	7:30-8:15 AM	Cardiac H2O - Boldt
7:45-8:30 AM	Simply Fit- AS	6:45-7:30 AM	H2O Exercise - Boldt/Guardian
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				
8:45-9:30 AM	STEP - Orbison				
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	Syngy 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	Syngy 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		
4:45-5:30 PM	Zumba - 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 - SUM 1
5:45-6:30 PM	Kettlebell - Apgym
6:30-7:15	Retro Cardio
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
5:15-6:15 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

SUNDAY	
Mid Morning Classes	
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

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

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