



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA OF THE FOX CITIES GROUP FITNESS SCHEDULE

Fall Session

September 4 - December 23, 2018

Holiday Fitness With A Friend: November 19-25 and December 24-31...refer to your specific branch for special 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 - gym	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 \$	5:10-5:55 AM	Transform - HLS
5:15-6:00 AM	Cardio-Strength Fusion - AS	5:10-5:55 AM	Sport - 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	5:15-6:00 AM	Cardio-Strength Fusion - AS
5:15-6:00 AM	Group Cycling	5:15-6:00 AM	Group Cycling	5:15-6:15 AM	Group Cycling
5:15-6:15 AM	Strength & Resistance - T	5:15-6:00 AM	Group Cycling	5:15-6:00 AM	Group Cycling
5:15-6:15 AM	Boot Camp	5:15-6:15 AM	Max Intervals-VH Gym	5:15-6:00 AM	Step Interval - Aerobic Studio
5:15-6:00 AM	Strength & Resistance - AS	5:30-6:00 AM	Max Interval Express - T	5:15-6:15 AM	Strength & Resistance - T
5:30-6:15 AM	H2O Fusion - Boldt	5:30-6:15 AM	Strength & Resistance - AP Gym	5:30-6:15 AM	H2O Intervals - Boldt
5:30-6:15 AM	Group Cycling	5:30-6:15 AM	H2O Strength/Stretch - Boldt	5:30-6:15 AM	Group Cycling
5:45-6:30 AM	Boot Camp - AP Gym	5:30-6:15 AM	Hatha Yoga - SMBS	5:45-6:30 AM	Boot Camp - AP Gym
5:45-6:30 AM	H2O Fusion- Pool	5:30-6:00 AM	Synrgy Group Training \$	5:45-6:15 AM	H2O Fusion-Pool
		5:30-6:30 AM	Hatha Yoga -MB	6:00-7:00 AM	Power Yoga - SMBS
6:00-7:00 AM	Power Yoga - SMBS	6:00-6:30 AM	Kettlebell - AS	6:00-6:45 AM	Deep Water Exercise - DW
6:00-6:45 AM	Group Cycling - CS	6:15-7:00 AM	Water Running - Boldt	6:00-6:45 AM	Group Cycling - CS
6:00-6:45 AM	Deep Water Exercise - DW	6:15-7:00 AM	Group Cycling		
7:00-7:45 AM	Slow Flow Yoga - WP	6:15-7:15 AM	Power Vinyasa Yoga - WP	6:00-6:45 AM	Strength & Resistance - AS
6:30-7:00 AM	Synrgy Group Training \$	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 - \$
8:00-8:45 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 - Boldt/Guardian
7:45-8:30 AM	Silver Sneaker Classic - WP	7:30-8:30 AM	Slow Flow Yoga - SMBS	7:15-8:00 AM	Simply Balance - AP Gym
7:50-8:50 AM	Reformer 3 - \$	7:50-8:35 AM	Simply Fit - AS	7:45-8:30 AM	Strength & Resistance - WFC
		7:50-8:50 AM	Reformer 3 - \$	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	
8:00-8:45 AM	Slow Flow Yoga - SMBS	7:55-8:40 AM	Silver Sneakers Classic - AP Gym	8:00-9:00 AM	Zumba - AP Gym
8:00-9:00 AM	Strength & Resistance - WFC	8:00-8:30 AM	Strength & Resistance - AS	8:00-8:45 AM	Cardiac H2O - Boldt
8:05-8:45 AM	H2O Fusion-Pool	8:00-9:00 AM	Cardio Strength Fusion - WFC	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 - gym	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
8:15-9:15 AM	Group Cycling	8:00-8:45 AM	H2O Strength & Stretch - YP	8:15-9:00 AM	Guided Meditation - SMBS
8:45-9:30 AM	Barre Pilates - DS	8:00-8:45 AM	Hatha Yoga - WP	8:15-9:15 AM	Aqua Yoga - PL
8:30-9:15 AM	Group Cycling	8:00-8:55 AM	PiYo Live - MB	8:15-9:15 AM	Barre Fusion - DS
8:30-9:45 AM	Power Vinyasa Yoga - SMB	8:15-9:15 AM	Group Cycling	8:15-9:15 AM	Group Cycling
8:30-9:30 AM	Strength & Resistance - UG	8:15-9:00 AM	H2O Fusion - PL	8:30-9:30 AM	Hatha Yoga - SMB
8:30-9:30 AM	Simply Fit - AS	8:30-9:00 AM	Core - AS	8:30-9:15 AM	Group Cycling - CS
8:40-9:25 AM	Silver Sneaker Classic - RO	8:05-8:45 AM	Simply Fit H2O - Pool	8:30-9:30 AM	Simply Fit - AS
8:45-9:30 AM	Group Cycling - WR	8:30-9:30 AM	Group Cycling	8:30-9:30 AM	PiYo - AS
9:00-9:45 AM	Group Cycling	8:40-9:20 AM	Strength & Resistance - AS	8:30-9:15 AM	Group Cycling - WP
9:00-9:30 AM	Synrgy Group Training \$	8:30-9:45 AM	Power Vinyasa Yoga - SMB	8:30-9:30 AM	Strength & Resistance -UG
9:00-9:45 AM	Deep Devotion - Boldt	8:30-9:30 AM	Circuit Training - 1/2 UG	8:40-9:25 AM	Silver Sneaker Classic - RO
9:00-10:00 AM	Power Yoga - SMBS	8:30-9:30 AM	Zumba - AS	8:45-9:45 AM	TRX Pilates - \$ - AS
9:00-10:00 AM	Strength & Resistance - WFC	8:30-9:15 AM	Group Cycling - WR	9:00-9:45 AM	TABATA Cardio - Endries Gym
9:00-10:00 AM	Cardio - AP Gym	8:45-9:30 AM	Arthritis Aquatics - Guardian	8:55-9:55 AM	Barre Blended Pilates Reformer - \$
9:00-9:45 AM	Step - AS	9:00-9:45 AM	H2O Fusion - Boldt	9:00-9:45 AM	Group Cycling -
9:00-9:45 AM	Simply Fit - VH Gym	8:45-9:30 AM	Step - Orbison	9:00-9:45 AM	Deep Devotion - Boldt
9:00-9:45 AM	Group Cycling	9:00-9:45 AM	Group Cycling	9:00-10:00 AM	Power Yoga - SMBS
9:00-9:45 AM	Deep Water Exercise - Pool	9:00-9:30 AM	Synrgy Group Training \$	9:00-9:45 AM	Tabata Cardio Core - AP Gym
9:00-9:45 AM	BollyX-Aerobic Studio	9:00-10:00 AM	Reformer Mat Flow - \$	9:00-10:00 AM	Strength & Resistance - WFC
9:00-9:50 AM	Slow Flow Yoga-HLS	9:00-10:00 AM	Pilates/Yoga Fusion - SMBS	9:00-9:45 AM	Cardio Kickboxing - AS
9:00-10:00 AM	Boot Camp	9:00-9:45 AM	Group Cycling	9:00-10:00 AM	Slow Flow Yoga - MB
9:00-9:45 AM	H2O Exercise - YP	9:00-9:45 AM	Silver Sneakers Classic - MAS	9:00-9:45 AM	Deep Water Exercise - Pool
9:00-9:45 AM	Cardio Strength Fusion - AS	9:00-9:45 AM	Beq Pilates/Yoga Fusion - HLS	9:00-9:45 AM	Step - Aerobic Studio
9:00-10:00 AM	Boot Camp - T	9:00-10:00 AM	Zumba - Aerobic Studio	9:00-9:45 AM	Simply Fit - Van Hoof Gym
9:00-9:45 AM	Silver Sneaker Classic - 1/2 UG	9:00-9:45 AM	Aqua Zumba - pool	9:00-9:45 AM	Core - Martial Arts Studio
9:15-10:00 AM	Simply Fit H2O - PL	9:00-9:45 AM	Cardio Gold - Front 1/2 UG	9:00-9:45 AM	Zumba Sentao - Dance Studio
9:00-10:00 AM	Slow Flow Yoga - MB	9:00-9:45 AM	H2O Exercise - YP	9:00-9:45 AM	Group Cycling
9:15-10:00 AM	Barre Fusion - DS	9:00-9:45 AM	Deep Water Exercise - DW	9:00-9:50 AM	Slow Flow Yoga - HLS
9:30-10:15 AM	Cycling Lite	9:00-10:00 AM	Power Vinyasa Yoga - WP	9:00-9:45 AM	H2O Exercise - YP
9:50-10:35 AM	Simply Fit - AS	9:00-9:30 AM	SYNRGY 360 - WC\$	9:00-10:00 AM	Boot Camp - T
10:00-11:00 AM	Pilates/Yoga Fusion - SMBS	9:15-10:00 AM	Simply Fit H2O- PL	9:30-11:00 AM	Stay Strong - T
10:00-11:00 AM	Reformer 2 - \$	9:15-10:10 AM	Zumba - AS	9:00-9:45 AM	Silver Sneaker Classic - 1/2 UG
10:00-10:30 AM	Cycle Lite - CS	9:15-10:45 AM	Power Vinyasa Yoga - MB	9:30-10:00 AM	Cycling Express - CS
10:00-11:00 AM	Zumba-Aerobic Studio	9:30-10:00 AM	SYNRGY 360 - WC\$	9:20-10:05 AM	Deep Water - PL
10:00-10:45 AM	Pilates - SMB	9:30-10:30 AM	Strollerobics - Outside/T	9:45-10:45 AM	Zumba - AS

10:00-10:45 AM	Senior Water Exercise - YP	9:30-10:30 AM	Boot Camp - outside	9:50-10:35 AM	Simply Fit - AS
10:00-10:45 AM	Deep Water Exercise - DW	9:45-10:45 AM	Tai Chi - AS	10:00-11:00 AM	Pilates/Yoga Fusion - SMBS
10:10-10:55 AM	Simply Fit - WFC	10:00-10:45 AM	Foam Roller	10:00-11:00 AM	Zumba - Aerobic Studio
10:15-11:00 AM	Treadmill Strength - WC	10:00-11:00 AM	Reformer Conditioning - \$	10:00-11:00 AM	Power Vinyasa Yoga-HLS
10:15-11:15 AM	Simply Yoga - MB	10:00-10:45 AM	Pilates - SMB Fall 1	10:00-10:30 AM	Kids Fitness - WP
10:00-11:00 AM	Chair Yoga	10:00-11:00 AM	Restorative Yoga - SMBS	10:00-10:45 AM	Pilates - SMB
10:30-11:15 AM	Chair Yoga - 1/2 UG	10:00-10:45 AM	Strong Bones - UG	10:00-10:45 AM	Deep Water Exercise -DW
10:45-11:30 AM	Simply Strength - AS	10:00-10:45 AM	Arthritis Aquatics - YP	10:00-10:45 AM	Senior Water Exercise - YP
10:45-11:00 AM	Water Walking - YP	10:15-11:15 AM	Strength & Resistance - WFC	10:00-10:45 AM	Chair Yoga -UG

		10:15-11:00 AM	Cardio Dance Gold - AS	10:10-10:55 AM	Simply Fit - Appvion
		10:15-11:00 AM	Senior Splash - PL	10:15-11:15 AM	Simply Yoga - MB
		10:15-11:15 AM	Strength & Resistance - AS	10:45-11:30 AM	Simply Strength - AS
		10:30-11:30 AM	Simply Stretch # - SMBS	10:45-11:00 AM	Water Walking -YP
		10:00-11:00 AM	Zumba		
		11:30-NOON	Synrgy Group Training - \$		

Lunch Hour Classes	
11:05-11:50 AM	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
NOON-12:30 PM	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
12:30-1:15 PM	Chair Tai Chi - HLS
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 2 - \$
11:00-11:45 AM	Senior Water Exercise - YP
11:05-NOON	Chair Yoga - MB
11:30-12:15 PM	Tai Chi - AS
11:30-NOON	TRX - \$ - AP Gym
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
12:10-12:55 PM	Barre Pilates
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
NOON-12:30 PM	Synrgy Group Training - \$
11:30-NOON	Restorative Yoga - MB
11:15-12:15 PM	Chair Yoga - HLS
NOON-12:45 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
2:30-3:30 PM	Inspire - T
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 \$
4:00-4:45 PM	Group Cycling - CS
4:15-5:15 PM	Aerial Yoga - \$
4:15-5:15 PM	Zumba - Aerobic Studio
4:20-5:15 PM	Power Vinyasa Yoga
4:30-5:15 PM	Core - WFC
4:45-5:30 PM	Group Cycling
5:00-6:00 PM	Pregnant & Fit
5:00-5:45 PM	Group Cycling - CS
5:15-6:00 PM	PiYo Live - AS
5:30-6:15 PM	Pound - AS
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	Cycling Boot Camp
5:30-6:30 PM	Yin Yoga - SMB
5:45-6:30 PM	Group Cycling
6:00-7:00 PM	Yoga Basics - WP
6:00-6:45 PM	Group Cycling
6:05-6:50 PM	TRX Training \$ - AS
6:00-7:00 PM	Zumba - AP GYM
6:15-7:00 PM	Deep Water Exercise -DW
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
6:45-7:45 PM	Pilates - SMB
6:45-7:45 PM	Yoga for Men - WP
7:15-8:00 PM	Barre Fusion - AS

Evening Classes	
4:00-4:30 PM	Core
4:15-5:00 PM	Hatha Yoga - WP
4:15-5:15 PM	Aerial Yoga - \$
5:00-6:00 PM	Zumba - AS
5:00-5:45PM	Group Cycling
5:00-5:45 PM	Core-Strength-Core - T
5:15-6:00 PM	Cardio Strength Fusion - AS
5:20-6:20 PM	Aerial Yoga - \$
5:30-6:25 PM	Zumba - Aerobic Studio
5:30-6:30 PM	Power Vinyasa Yoga- SMB
5:30-6:15 PM	Strength and Resistance - WFC
5:30-6:15 PM	Group Cycling
5:15-6:00 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
6:15-7:05 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
7:00-8:00 PM	Inspire - T
8:15-9:00 PM	H2O Fusion - Pool
7:45-8:45 PM	Meditative Yoga - HLS
8:00-8:55 PM	Restorative Yoga - SMBS

Evening Classes	
4:15-5:05 PM	BollyX - Aerobic Studio
4:00-5:00 PM	Reformer 3 - \$
4:00-4:30 PM	Synrgy Group Training \$
5:00-5:45 PM	Group Cycling - CS
5:30-6:30 PM	Hatha Yoga - SMB
5:30-6:30 PM	Power Vinyasa Yoga - MB
5:15-6:15 PM	TABATA Cardio - AS
5:30-6:15 PM	Group Cycling - WR
5:00-5:45 PM	Reality Rides
5:30-6:30 PM	Zumba - APGYM
5:30-6:15 PM	Kettlebell - HLS
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
5:30-6:30 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 - gym
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	Strength & Resistance - T
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
5:15-6:00 AM	Strength & Resistance - AS
5:30-6:15 AM	Group Cycling
5:30-6:15 AM	H2O Fusion - Boldt
5:45-6:30 AM	Boot Camp - AP Gym
5:45-6:30 AM	H2O Fusion - Pool

SATURDAY	
Early Morning Classes	
6:00-6:45 AM	Water Running - Boldt
6:00-6:45 AM	Group Cycling - Fall 2
6:30-7:30 AM	Boot Camp
6:15-7:30 AM	TABATA Cardio - Van Hoof Gym
6:45-7:30 AM	H2O Exercise
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

5:30-6:00 AM	Synrgy Group Training \$	6:00-6:45 AM	Group Cycling - CS
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	Synrgy 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	Zumba Gold - AS
7:00-7:45 AM	Slow Flow Yoga - HLS	7:00-7:45 AM	H2O Exercise - Boldt/Guardian
7:30-8:30 AM	Slow Flow Yoga - SMBS		
7:50-8:35 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
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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	8:00-8:45 AM	Cardiac H2O - Boldt	8:00-9:00 AM	Aerial Yoga - \$
8:00-8:45 AM	H2O Fusion - Boldt	7:50-8:35 AM	Simply Fit - AS	8:00-9:00 AM	Zumba - AP GYM
8:00-8:45 AM	Arthritis Aquatics - Guardian	8:15-9:15 AM	Arthritis Aqua - PL	8:00-8:45 AM	Sampler Saturday-Aerobic Studio
8:00-8:30 AM	Strength & Resistance - AS	8:15-8:45 AM	HIIT - gym	8:00-8:45 AM	H2O Strength & Stretch - YP
8:00-8:45 AM	Simply Fit - Aerobic Studio	8:10-8:55 AM	Zumba - AS	8:00-8:45 AM	Circuit Training -T
8:00-8:45 AM	Silver Sneakers Classic - MAS	8:00-8:45 AM	Strength & Resistance - AS	8:15-9:15 AM	Pilates/Yoga Fusion - AS
8:00-8:45 AM	H2O Strength & Stretch - YP	8:15-8:45 AM	Guided Meditation - SMBS	8:15-9:10 AM	PiYo LIVE - AS
8:05-8:45 AM	Simply Fit H2O - Pool	8:15-9:00 AM	Simply Stretch - WP	8:45-9:45 AM	Zumba -AS
		8:15-9:15 AM	Group Cycling	8:45-10:00 AM	Hatha Yoga -SMB
8:00-8:55 AM	PiYo Live - DS	8:30-9:45 PM	Power Vinyasa Yoga - SMB	9:00-10:00 AM	Power Yoga
8:15-9:00 AM	H2O Fusion - PL	8:30-9:15 AM	Group Cycling	9:00-10:00 AM	Power Yoga - SMBS
8:40-9:20 AM	Strength & Resistance - AS	8:30-9:30 AM	Strength & Resistance -UG	9:00-9:45 AM	Strength & Resistance-AS
8:30-9:00 AM	Core - AS	8:45-9:45 AM	Barre Pilates -AS	9:00-10:00 AM	Hatha Yoga - HLS
8:15-9:15 AM	Group Cycling	8:30-9:15 AM	Group Cycling - WR	9:15-10:00 AM	Zumba - AS
8:30-9:30 AM	Group Cycling	8:40-9:20 AM	Strength & Resistance	10:30-11:15 AM	Special Rec Yoga - SMB
8:30-9:45 AM	Power Vinyasa Yoga -SMB	9:00-9:45 AM	Kettlebell - AS	10:15-11:15 AM	Hatha Yoga - SMBS
8:30-9:30 AM	Circuit Training - 1/2 UG	9:00-10:00 AM	Slow Flow Yoga -MB		
8:30-9:15 AM	PiYo Live - T	9:00-9:45 AM	Group Cycling		
8:30-9:30 AM	Zumba -AS	9:00-9:45 AM	Deep Devotion - Boldt		
8:45-9:30 AM	Arthritis Aquatics - Guardian	9:00-10:00 AM	Power Yoga - SMBS		
8:45-9:30 AM	STEP - Orbison	9:00-10:00 AM	Cardio - AP GYM		
8:55-9:55 AM	Barre Blended Pilates Reformer - \$	9:00-10:00 AM	Strength & Resistance - WFC		
9:00-10:00 AM	Power Vinyasa Yoga - WP	9:00-9:45 AM	Group Cycling		
9:00-9:30 AM	Synrgy Group Training \$	9:00-9:45 AM	Deep Water Exercise		
9:00-9:45 AM	Group Cycling	9:00-9:50 AM	BollyX - Aerobic Studio		
9:00-10:00 AM	Pilates/Yoga Fusion - SMBS	9:00-10:00 AM	Max Intervals - Endries Gym		
9:00-9:45 AM	Group Cycling	9:00-9:45 AM	H2O Exercise -YP		
9:00-9:45 AM	Silver Sneakers Classic - MAS	9:00-10:00 AM	Boot Camp - T		
9:00-9:45 AM	Beg Pilates/Yoga Fusion - HLS	9:00-9:45 AM	Silver Sneaker Classic-1/2UG		
9:00-9:45 AM	Aqua Zumba - Pool	9:20-10:05 AM	Deep Water - PL		
9:00-10:00 AM	Zumba Toning - Aerobic Studio	9:45-10:45 AM	Zumba - AS		
9:00-9:45 AM	Cardio Gold -Front 1/2 UG	9:50-10:35 AM	Simply Fit - AS		
9:00-9:45 AM	Aqua Zumba -YP	10:00-11:00 AM	Tai Chi for Better Balance - WP		
9:00-9:45 AM	Deep Water Exercise -DW	10:00-11:00 AM	Reformer 2 - \$		
9:00-9:30 AM	SYNRGY 360 - WC\$	10:00-11:00 AM	Slow Flow Yoga - SMBS		
9:15-10:10 AM	Zumba - AS	10:00-11:00 AM	Zumba - Aerobic Studio		
9:15-10:00 AM	Simply Fit H2O - PL	10:00-10:45 AM	Pilates - SMB		
9:30-10:15 AM	Zumba Gold - AP Gym	10:00-10:45 AM	Chair Yoga - UG		
9:15-10:00 AM	Barre Fusion - DS	10:00-11:00 AM	Arthritis Aquatics -YP		
9:15-10:45 AM	Power Vinyasa Yoga - MB	10:15-11:15 AM	Enhance Fitness		
9:30-10:00 AM	SYNRGY 360 - WC\$	10:30-11:30 AM	Power Vinyasa Yoga - MB		
9:30-10:30 AM	Strollerobics -outside/T	10:30-11:30 AM	Chair Yoga - HLS		
9:30-10:30 AM	Boot Camp - outdoors	10:45-11:30 AM	Silver Sneakers Classic - AS		
9:45-10:45 AM	Tai Chi - AS	11:00-NOON	Reformer 1 - \$		
10:00-10:45 AM	Strong Bones - UG	11:00-11:45 AM	Simply Stretch - SMBS		
10:00-11:00 AM	Restorative Yin Yoga - SMB				
10:00-10:45 AM	Arthritis Aquatics -YP				
10:00-11:00 AM	Reformer 2 \$				
10:15-11:15 AM	Strength & Resistance - WFC				
10:15-11:00 AM	Senior Splash - PL				
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
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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		
11:30-NOON	TRX - \$	NOON-1:00 PM	Power Vinyasa Yoga - SMB		
11:30-NOON	Strength & Resistance Express - FWR	11:45-12:15 PM	TRX/Kettlebell Combo - \$ AS		
11:30-NOON	Synrgy Group Training \$	NOON-12:45 PM	H2O Fusion - Boldt		
NOON-12:45 PM	H2O Strength/Stretch - Boldt	NOON-12:45 PM	Synrgy Group Training \$		
NOON-12:45 PM	Group Cycling	NOON-12:45 PM	Group Cycling		
NOON-1:00 PM	Power Vinyasa Yoga -SMB	NOON-12:45 PM	Power Yoga - SMBS		
12:10-12:50 PM	Group Cycling	12:05-12:50 PM	Group Cycling		
12:10-12:55 PM	Barre Pilates	12:10-12:55 PM	Boot Camp - AS		
NOON-1:00 PM	Pre/postnatal Aqua -YP	12:15-1:00 PM	Tai Chi - HLS		
1:45-3:15 PM	Tai Chi - SMBS	12:05-1:05 PM	BollyX - Aerobic Studio		
3:45-4:45 PM	Pump it Up - T				
3:15-4:15 PM	Tai Chi for Beginners - SMBS				

Evening Classes	Evening Classes	Evening Classes
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4:15-5:00 PM	Transform - HLS	4:45-5:30 PM	Cardio Barre Blend - AP Gym		
4:15-5:00 PM	Hatha Yoga - WP	4:30-5:30 PM	Water Running - Boldt		

4:20-5:20 PM	Hatha Yoga - SMBS	5:30-6:30 PM	Aerial Yoga - \$
4:45-5:30 PM	Zumba - AP Gym		
4:45-5:15 PM	TRX/Kettlebell Combo - AS \$		
5:00-6:00 PM	Zumba -AS		
5:00-5:45 PM	Core-Strength-Core -T		
5:30-6:15 PM	Y Groove Cycle		
5:25-6:25 PM	Power Yoga - SMBS		
5:30-6:15 PM	Group Cycling		
5:15-6:15 PM	Pilates/Yoga Fusion - AS		
5:15-6:00 PM	Pilates - HLS		
5:30-6:15 PM	Strength & Resistance - AS		
5:30-6:30 PM	Power Vinyasa Yoga - MB		
5:30-6:25 PM	Zumba - Aerobic Studio		
5:30-6:30 PM	Vinyasa Flow Yoga -SMB		
5:30-6:15 PM	Strength & Resistance		
6:30-7:00 PM	Pound - AS		
6:15-7:15 PM	H2O Fusion - Boldt		
6:00-6:45 PM	Group Cycling		
6:05-7:05 PM	Cardio Kickboxing-AS		
6:15-7:00 PM	Deep Water Exercise -DW		
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		
8:15-9:00 PM	H2O Fusion - Pool		

SUNDAY	
Mid Morning Classes	
7:45-8:45 AM	Cycling Boot Camp (Oct 7, Nov 4, Dec 2)
8:45-9:45 AM	Zumba - AS
8:45-9:30 AM	Aqua Zumba - Boldt Pool
9:00-10:00 AM	Power Vinyasa Yoga
9:30-10:30 AM	Cardio Funk - 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 WFC = 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.