



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA OF THE FOX CITIES GROUP FITNESS SCHEDULE

Spring Session

April 16-June 10, 2018

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

10:00-11:00 AM	Reformer 2 - \$	9:15-10:00 AM	Simply Fit H2O- PL	9:45-10:45 AM	Zumba - AS
10:00-10:30 AM	Cycle Lite Express	9:15-10:00 AM	Zumba - AS	9:50-10:35 AM	Simply Fit - AS
10:00-11:00 AM	Zumba-Aerobic Studio	9:15-10:45 AM	Power Vinyasa Yoga - MB	10:00-11:00 AM	Pilates/Yoga Fusion - SMBS
10:00-10:45 AM	Pilates - SMB	9:30-10:30 AM	Strollerobics - T	10:00-11:00 AM	Zumba - Aerobic Studio
10:00-10:45 AM	Senior Water Exercise - YP	9:30-10:30 AM	Boot Camp - AS	10:00-11:00 AM	Power Vinyasa Yoga-HLS
10:00-10:45 AM	Deep Water Exercise - DW	9:45-10:45 AM	Tai Chi - AS	10:00-10:45 AM	Pilates - SMB
10:10-10:55 AM	Simply Fit - WFC	10:00-11:00 AM	Barre Fusion - DS	10:00-10:45 AM	Deep Water Exercise -DW
10:15-11:15 AM	Simply Yoga - MB	10:00-10:45 AM	Foam Roller	10:00-10:45 AM	Senior Water Exercise - YP
10:00-11:00 AM	Chair Yoga	10:00-11:00 AM	Reformer Mat Flow - \$	10:00-10:45 AM	Simply Fit - WP
10:30-11:15 AM	Chair Yoga - 1/2 UG	10:00-11:00 AM	Restorative Yin Yoga	10:00-10:45 AM	Chair Yoga -UG
10:45-11:30 AM	Silver Sneaker Classic - AS	10:00-11:00 AM	Arthritis Aquatics - YP	10:10-10:55 AM	Simply Fit - Appvion
10:45-11:00 AM	Pilates Bonus - SMB	10:15-11:15 AM	Strength & Resistance - WFC	10:15-11:15 AM	Simply Yoga - MB
10:45-11:00 AM	Water Walking - YP	10:15-11:00 AM	Cardio Dance Gold - AS	10:15-11:00 AM	Aqua Zumba
		10:15-11:00 AM	Senior Splash - PL	10:45-11:30 AM	Simply Strength - AS
		10:15-11:15 AM	Strength & Resistance - AS	10:45-11:00 AM	Pilates Bonus - SMB
		10:30-11:30 AM	Simply Stretch - SMBS	10:45-11:00 AM	Water Walking -YP
		10:00-11:00 AM	Zumba		
		11:00-11:30 AM	Syngry Group Training - \$		

Lunch Hour Classes		Lunch Hour Classes		Lunch Hour Classes	
11:05-11:50	Simply Strength - WFC	11:00-NOON	Reformer 1 - \$	11:05-11:50 AM	Simply Strength - WFC
11:00-NOON	Reformer 1 - \$	11:00-11:45 AM	Senior Water Exercise - YP	11:00-11:45 AM	Zumba Gold - AP GYM
11:00-11:45 AM	Meditative Yoga - SMBS	11:00-11:45 AM	Treadmill Strength - Wellness Center	11:00-11:45 AM	Simply Stretch - SMBS
11:00-11:45 AM	Zumba Gold - AP Gym	11:05-NOON	Chair Yoga - MB	11:30-NOON	Syngry Group Training - \$
11:30-NOON	Syngry Group Training \$	11:30-NOON	TRX \$ - AP Gym	11:30-NOON	Restorative Yoga - MB
11:15-12:15 PM	Chair Yoga - HLS	11:30-NOON	SYNERGY \$ - WC	11:15-12:15 PM	Chair Yoga - HLS
11:30-NOON	Restorative Yoga - MB	11:30-12:15 PM	Tai Chi - DS	NOON-1:00 PM	Y Fit - AS \$
NOON - 12:45 PM	Group Cycling - WR	NOON-12:45 PM	H2O Strength/Stretch - Boldt	NOON-12:45 PM	Group Cycling - WR
NOON-1:00 PM	Power Hour - AS	NOON-1:00 PM	Reformer 2 - \$	NOON-12:45PM	Aqua Zumba - Boldt
NOON-12:45 PM	Aqua Zumba - Boldt	NOON-12:45 PM	Group Cycling	NOON-12:45PM	Hatha Yoga - SMBS
NOON-12:45 PM	Hatha Yoga - SMBS	NOON-1:00 PM	Power Vinyasa Yoga -SMB	NOON-12:45PM	Group Cycling
NOON-12:45 PM	Group Cycling	NOON-1:00 PM	Pre/postnatal Aqua - YP	NOON-12:30 PM	Syngry Group Training - \$
NOON-12:30 PM	Syngry Group Training \$	12:10-12:50 PM	Group Cycling - CS	NOON-12:45 PM	Kettlebell Boot Camp - AS
NOON-12:45 PM	Kettlebell Boot Camp - AS	12:15-1:00 PM	Tai Chi - HLS	12:05-12:50 PM	Fitness on Demand - Aerobic Studio
12:05-12:50 PM	Tai Chi Easy - WP	1:45-3:15 PM	Tai Chi - SMBS	12:05-12:50 PM	Group Cycling
12:05-12:50 PM	Group Cycling -Cycling Studio	3:15-4:15 PM	Tai Chi for Beginners - SMBS	12:10-12:55 PM	Boot Camp - T
12:05-12:50 PM	Fitness On Demand - Aerobic Studio			12:45-1:45 PM	Enhance Fitness - APGYM
12:10-12:55 PM	Boot Camp -T			1:00-2:00 PM	Aerial Yoga - \$
12:45-1:45 PM	Enhance Fitness - APGYM			2:30-3:15 PM	Aqua Zumba - YP
2:30-4:00 PM	Stay Strong - Track			2:30-3:30 PM	Inspire - T
2:30-3:15 PM	Aqua Zumba - YP				

Evening Classes		Evening Classes		Evening Classes	
4:00-4:45 PM	Group Cycling	4:00-4:30 PM	Core	4:00-5:00 PM	Aerial Yoga - \$
4:00-5:00 PM	Reformer 3 - \$	4:20-5:15 PM	Aerial Yoga - \$	4:00-5:00 PM	PiYo Live - AS
4:00-4:30 PM	Syngry Group Training \$	4:45-5:30 PM	Group Cycling	4:15-5:05 PM	BollyX- Aerobic Studio
4:30-5:15 PM	Kettlebell - HLS	5:00-5:45PM	Group Cycling	4:00-5:00 PM	Reformer 3 - \$
4:15-5:15 PM	Zumba - Aerobic Studio	5:00-5:45 PM	Core-Strength-Core - T	5:00-5:30 PM	Syngry Group Training \$
4:30-5:15 PM	Core - WFC	5:15-6:00 PM	Circuit Training	5:00-5:45 PM	Group Cycling - CS
4:45-5:30 PM	Group Cycling	5:20-6:20 PM	Zumba - Aerobic Studio	5:00-6:00 PM	Hatha Yoga - SMB
5:00-6:00 PM	Pregnant & Fit - Track Area	5:30-6:30 PM	Power Vinyasa Yoga -SMB	5:30-6:30 PM	Power Vinyasa Yoga - MB
5:00-5:45 PM	Group Cycling - CS	5:30-6:15 PM	Strength and Resistance - WFC	5:15-6:15 PM	TABATA Cardio - AS
5:10-6:10 PM	Reformer 1\$	5:30-6:00 PM	TRX/Kettlebell Combo \$ - AS	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	Max Intervals - AS	5:30-6:30 PM	Cycle 360 - Cycling Studio	5:00-6:00 PM	Cycling Boot Camp
5:30-6:30 PM	Zumba - AS	6:15-7:15 PM	H2O Fusion - Boldt	5:30-6:30 PM	Zumba - APGYM
5:30-6:15 PM	Group Cycling - WR	6:05-7:05 PM	Cardio Kickboxing - AS	5:30-6:30 PM	Mindful Movement 2 - SMBS
5:30-6:30 PM	Outdoor Boot Camp	6:15-7:00 PM	Kettlebell - RO	5:30-6:30 PM	Cardio Strength Fusion -T
5:25-6:25 PM	Power Yoga - SMBS	6:15-7:15 PM	Pilates/Yoga Fusion - AS	6:00-7:00 PM	Yoga Basics - WP
5:30-6:10 PM	Cardio Strength Fusion - AS	6:15-7:15 PM	Turbo Kick - AS	6:00-6:45 PM	Group Cycling
5:30-6:30 PM	Power Vinyasa Yoga	6:30-7:30 PM	Power Yoga - SMBS	6:00-6:45 PM	Group Cycling
5:30-6:30 PM	Cardio Strength Fusion - T	6:30-7:30 PM	Step Combo - Aerobic Studio	6:00-6:45 PM	Barre Pilates - AS
5:30-6:30 PM	Power Vinyasa Yoga - SMB	6:30-7:30 PM	Hatha Yoga - HLS	6:15-7:00 PM	Zumba - AS
5:45-6:30 PM	Group Cycling	6:45-7:45 PM	Restorative/Yin Yoga - SMB	6:30-7:45 PM	Mindful Movement 1 - SMBS
6:00-7:00 PM	Yoga Basics - WP	7:00-8:00 PM	Inspire - T	6:30-7:30 PM	Strength and Resistance - AS
6:00-6:45 PM	Group Cycling	7:45-8:45 PM	Meditative Yoga - HLS	7:15-8:15 PM	Yoga for Men - AS
6:05-6:50 PM	TRX Training \$ - AS	8:00-8:55 PM	Restorative Yoga - SMBS	6:45-7:30 PM	Cardio Funk -HLS
6:00-6:45 PM	Group Cycling	8:35-9:25 PM	H2O Fusion - Pool	6:30-7:30 PM	Tai Chi - AP Gym
6:00-7:00 PM	Zumba - AP GYM			7:15-8:00 PM	H2O Fusion - PL
6:15-7:00 PM	Deep Water Exercise -DW				
6:15-7:00 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				

THURSDAY		FRIDAY		SATURDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:00-6:00 AM	Boot Camp - AS	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	6:00-6:45 AM	Group Cycling - CS
5:05-5:35 AM	TRX \$ - AS	5:15-6:15 AM	Group Cycling	6:30-7:30 AM	Boot Camp - Endries Gym
5:10-5:55 AM	Core/Strength/Core - VH Gym	5:15-6:00 AM	Cycle 360	6:15-7:30 AM	TABATA Cardio - Van Hoof Gym
5:15-6:00 AM	Group Cycling	5:15-6:15 AM	Boot Camp - Endries Gym	6:45-7:30 AM	H2O Exercise - Pool
5:15-6:00 AM	Group Cycling - WR	5:15-6:15 AM	Strength & Resistance - T	7:00-8:00 AM	H2O Fusion - Boldt
5:15-6:00 AM	Group Cycling	5:30-6:15 AM	Cardio Strength Fusion - AS	7:00-7:45 AM	Group Cycling
5:15-6:15 AM	BOSU Cardio/Conditioning - AS	5:30-6:15 AM	Group Cycling	7:30-8:00 AM	Strength & Resistance - AS
5:30-6:00 AM	Max Interval - T	5:30-6:15 AM	H2O Fusion - Boldt	7:30-8:15 AM	Group Cycling - WR
5:30-6:15 AM	Strength and Resistance - AP Gym	5:30-6:15 AM	Nordic Walking	7:30-8:15 AM	Group Cycling
5:30-6:15 AM	H2O Strength/Stretch - Boldt	5:45-6:30 AM	Boot Camp - AP Gym		
5:30-6:15 AM	Awakening Yoga - SMBS	5:45-6:30 AM	H2O Fusion - Pool		
5:45-6:30 AM	Outdoor Boot Camp	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	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	Zumba Gold - AS		
7:00-7:45 AM	Awakening Yoga - HLS	7:00-7:45 AM	H2O Exercise - Boldt/Guardian		
7:30-8:30 AM	Slow Flow Yoga - SMBS				
7:45-8:30 AM	Simply Fit - AS				
7:50-8:50 AM	Reformer 3 - \$				
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:45 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	8:00-9:00 AM	Cardiac H2O - Boldt	8:00-9:00 AM	Zumba - AP GYM
8:00-8:45 AM	Arthritis Aquatics - Guardian	8:15-9:15 AM	Arthritis Aqua - PL	8:00-9:00 AM	Aerial Yoga - \$
8:00-8:30 AM	Strength & Resistance - AS	8:10-8:55 AM	Zumba - AS	8:00-8:45 AM	Sampler Saturday-Aerobic Studio
8:00-8:45 AM	Simply Fit - Aerobic Studio	8:00-8:45 AM	Strength & Resistance - AS	8:00-8:45 AM	H2O Strength & Stretch - YP
8:00-8:45 AM	Silver Sneakers Classic - MAS	8:15-8:45 AM	Guided Meditation - SMBS	8:00-8:45 AM	Circuit Training -T
8:00-8:45 AM	H2O Strength & Stretch - YP	8:15-9:00 AM	Simply Stretch - WP	8:15-9:15 AM	Pilates Yoga Fusion - WP
8:05-8:45 AM	Simply Fit H2O - Pool	8:30-9:30 AM	Zumba - AS	8:15-9:10 AM	PiYo LIVE - AS
8:15-8:45 AM	Express Reality Rides	8:15-9:15 AM	Group Cycling	8:45-9:45 AM	Zumba -AS
8:15-9:00 AM	PiYo Live - DS	8:20-8:50 AM	HIIT - GYM	9:00-10:00 AM	Hatha Yoga -SMB
8:15-9:00 AM	H2O Fusion - PL	8:30-9:15 AM	Group Cycling -CS	9:00-10:00 AM	Power Yoga
8:35-9:15 AM	Strength & Resistance - AS	8:30-9:45 PM	Power Vinyasa Yoga - SMB	9:00-10:00 AM	Power Yoga - SMBS
8:30-9:00 AM	Core - AS	8:30-9:30 AM	Strength & Resistance -T	9:00-9:45 AM	Strength & Resistance-AS
8:15-9:15 AM	Group Cycling	8:30-9:30 AM	Simply Fit -AS	9:00-10:00 AM	Hatha Yoga - HLS
8:30-9:15 AM	Barre Pilates - DS	8:30-9:15 AM	Group Cycling - WR	9:15-10:00 AM	Zumba - AS
8:30-9:30 AM	Group Cycling -CS	9:00-9:45 AM	Kettlebell - AS	10:15-11:15 AM	Hatha Yoga - SMBS
8:30-9:45 AM	Power Vinyasa Yoga -SMB	9:00-10:00 AM	Slow Flow Yoga -MB	10:30-11:15 AM	Special Key Yoga - SMB
8:30-9:30 AM	Zumba -AS	9:00-9:45 AM	Group Cycling		
8:30-9:30 AM	Circuit Training -UG	9:00-10:00 AM	Power Yoga - SMBS		
8:45-9:30 AM	Arthritis Aquatics - Guardian	9:00-10:00 AM	Cardio - AP GYM		
8:45-9:30 AM	STEP - Orbison	9:00-10:00 AM	Strength & Resistance - WFC		
8:55-9:55 AM	Reformer 3 - \$	9:00-9:45 AM	Deep Devotion - Boldt		
9:00-10:00 AM	Power Vinyasa Yoga - WP	9:00-9:45 AM	Simply Stretch - MAS		
9:00-9:30 AM	Syngy Group Training \$	9:00-9:45 AM	Group Cycling		
9:00-9:45 AM	Reality Rides - Cycling Studio	9:00-9:45 AM	Deep Water Exercise - Pool		
9:00-10:00 AM	Pilates/Yoga Fusion - SMBS	9:00-9:50 AM	BollyX - Aerobic Studio		
9:00-9:45 AM	H2O Fusion - Boldt	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	9:15-10:00 AM	Deep Water - PL		
9:00-10:00 AM	Zumba Toning - Aerobic Studio	9:30-10:15 AM	Cycle Lite		
9:00-9:45 AM	Cardio Gold -Front1/2 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 - \$		
9:15-10:00 AM	Zumba - AS	10:00-11:00 AM	Slow Flow Yoga - SMBS		
9:15-10:00 AM	Simply Fit H2O Fusion - PL	10:00-10:30 AM	Cycle Lite Express		
9:30-10:15 AM	Zumba Gold - AP Gym	10:00-11:00 AM	Zumba - Aerobic Studio		
9:15-10:45 AM	Power Vinyasa Yoga - MB	10:00-10:45 AM	Pilates - SMB		
9:30-10:30 AM	Strollerobics -T	10:00-10:45 AM	Chair Yoga - UG		
9:30-10:30 AM	Boot Camp - AS	10:00-11:00 AM	Arthritis Aquatics -YP		
9:45-10:45 AM	Tai Chi - AS	10:30-11:30 AM	Power Vinyasa Yoga - MB		
10:00-11:00 AM	Restorative Yin Yoga - SMB	10:30-11:30 AM	Chair Yoga - HLS		
10:00-11:00 AM	Arthritis Aquatics -YP	10:45-11:00 AM	Pilates Bonus - SMB		
10:00-11:00 AM	Barre Fusion - DS	10:45-11:30 AM	Silver Sneakers Classic - AS		
10:00-11:00 AM	Reformer 2 \$	11:00-NOON	Reformer 1 - \$		
10:15-11:15 AM	Strength & Resistance - WFC	11:00-11:45 AM	Simply Stretch - SMBS		
10:15-11:00 AM	Zumba Gold - AS				
10:15-11:00 AM	Senior Splash - PL				
10:15-11:00 AM	Sculpt Yoga - 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	
11:05-11:55 AM Chair Yoga - MB	NOON-1:00 PM Power Hour - AS	
11:30-NOON TRX \$ - AP GYM	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 SYNERGY \$ - WC	NOON-12:45 PM H2O Fusion - Boldt	
NOON-12:45 PM H2O Strength/Stretch - Boldt	NOON-12:30 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	
NOON-1:00 PM Pre/postnatal Aqua -YP	12:05-12:50 PM Group Cycling	
12:10-12:50 PM Group Cycling	12:10-12:55 PM Boot Camp - T	
1:45-3:15 PM Tai Chi - SMBS	12:05-1:05 PM BollyX - AS	
3:15-4:15 PM Tai Chi for Beginners - SMBS	12:15-1:00 PM Tai Chi - HLS	
	12:45-1:45 PM Enhance Fitness - APGYM	

Evening Classes	Evening Classes
3:45-4:45 PM Pump It Up (7-13 Years) -T	4:45-5:30 PM Cardio Barre Blend - AP Gym
4:15-5:00 PM Transform - HLS	4:30-5:30 PM Water Running -DW
4:20-5:20 PM Hatha Yoga - SMBS	
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 Group Cycling	
5:20-6:20 PM Zumba - Aerobic Studio	
5:30-6:15 PM Strength & Resistance - AS	
5:30-6:30 PM Power Vinyasa Yoga - MB	
5:30-6:15 PM Pilates - HLS	
5:30-6:30 PM Vinyasa Flow Yoga -SMB	
5:30-6:15 PM Strength & Resistance - WFC	
5:30-6:30 PM Outdoor Boot Camp	
5:30-6:30 PM Power Yoga SMBS	
6:15-7:15 PM H2O Fusion - Boldt	
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	
6:30-7:30 PM Hatha Yoga - SMBS	
6:30-7:30 PM Hatha Yoga-HLS	
6:45-7:45 PM Restorative/Yin Yoga -KR	
7:00-8:30 PM Stay Strong - T	
7:45-8:45 PM Meditative Yoga-HLS	
8:00-8:55 PM Restorative Yoga - SMBS	
8:35-9:25 PM H2O Fusion - Pool	

SUNDAY	
Mid Morning Classes	
7:45-8:45 AM	Boot Camp
8:45-9:45 AM	Zumba - AS
8:45-9:30 AM	Aqua Zumba - Boldt
9:00-10:00 AM	Power Vinyasa Yoga
9:15-10:15 AM	Retro Cardio - AS
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	AP Gym = Appleton Papers Gym	AS = Aerobic Studio	AS = Aerobic Studio
WP = White Pine Room	Boldt = Boldt Pool	LL = Lower Level	HLS = Healthy Living Studio
RO = Red Oak Room	FWR = Free Weight Room	MB = Mind/Body Studio	MAS = Martial Arts Studio
WC = Wellness Center	Guardian = Guardian Pool	PL = Pool	VH Gym = Van Hoof Gym
WR = Willow Room (Cycling Studio)	SMBS = Spirit, Mind, Body Studio		
O = Outdoor	WFL = Women's Fitness Center		
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.