



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA OF THE FOX CITIES GROUP FITNESS SCHEDULE

Winter Session

January 2-April 15, 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
5:30-6:15 AM	Nordic Walking - meet in lower lobby	5:30-6:15 AM	H2O Strength/Stretch - Boldt	5:45-6:15 AM	H2O Fusion-Pool
5:45-6:30 AM	Boot Camp - AP Gym	5:30-6:15 AM	Awakening Yoga - SMBS	6:00-7:00 AM	Power Yoga - SMBS
5:45-6:15 AM	Hoop Fitness - VH Gym	5:30-6:30 AM	Hatha Yoga -MB	6:00-6:45 AM	Deep Water Exercise - DW
5:45-6:30 AM	H2O Fusion- Pool	5:45-6:30 AM	Strength & Resistance - AS	6:00-6:45 AM	Group Cycling - CS
6:00-7:00 AM	Power Yoga - SMBS	6:00-6:45 PM	Group Cycling	6:15-6:45 AM	Strength & Resistance Express - AS
6:00-6:45 AM	Group Cycling - CS	6:00-6:30 AM	Kettlebell - AS	6:30-7:00 AM	Synrgy Group Training - \$
6:00-6:45 AM	Deep Water Exercise - DW	6:15-7:00 AM	Water Running - Boldt	6:45-7:45 PM	Reformer 3 - \$
6:15-6:45 AM	Strength & Resistance - AS	6:15-7:00 AM	Group Cycling	7:00-7:45 AM	Slow Flow Yoga - WP
7:00-7:45 AM	Slow Flow Yoga - WP	6:30-7:00 AM	TRX \$ - AP Gym	7:00-7:45 AM	H2O Exercise - Boldt/Guardian
6:30-7:00 AM	Synrgy Group Training \$	6:30-7:00 AM	TRX - \$ AS	7:15-8:00 AM	Simply Balance - AP Gym
7:00-7:45 AM	H2O Exercise - Boldt/Guardian	7:00-7:45 AM	Zumba Gold - WP	7:45-8:30 AM	Strength & Resistance - WFC
7:15-8:00 AM	Simply Balance - AP Gym	7:00-7:45 AM	Awakening Yoga - HLS	7:45-8:30 AM	Silver Sneaker Classic - RO
7:45-8:30 AM	Silver Sneaker Classic - RO	7:30-8:30 AM	Slow Flow Yoga - SMBS	7:50-8:50 AM	Reformer 2 - \$
7:50-8:50 AM	Reformer 3 - \$	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
8:30-9:45 AM	Power Vinyasa Yoga - SMB	8:05-8:45 AM	Simply Fit H2O - Pool	8:30-9:15 AM	Barre Pilates - DS
8:30-9:30 AM	Strength & Resistance - UG	8:15-8:45 AM	Express Group Cycling	8:30-9:15 AM	Group Cycling - CS
8:30-9:30 AM	Simply Fit - AS	8:35-9:15 AM	Strength & Resistance - AS	8:30-9:45 AM	Power Vinyasa Yoga - SMB
8:40-9:25 AM	Silver Sneaker Classic - RO	8:30-9:30 AM	Group Cycling - CS	8:30-9:30 AM	Strength & Resistance -UG
9:00-9:45 AM	Group Cycling	8:30-9:15 AM	Barre Pilates - DS	8:30-9:30 AM	Simply Fit - AS
9:00-10:00 AM	Power Yoga - SMBS	8:30-9:45 AM	Power Vinyasa Yoga - SMB	8:40-9:25 AM	Silver Sneaker Classic - RO
9:00-10:00 AM	Strength & Resistance - WFC	8:30-9:30 AM	Zumba - AS	9:00-9:45 AM	TABATA Cardio - Endries Gym
9:00-9:45 AM	Deep Devotion - Boldt	8:30-9:30 AM	Circuit Training - UG	8:55-9:55 AM	Reformer 2 - \$
9:00-10:00 AM	Cardio - AP Gym	8:30-9:15 AM	Group Cycling - WR	9:00-9:45 AM	Group Cycling -
9:00-9:45 AM	Step - AS	8:45-9:30 AM	Arthritis Aquatics - Guardian	9:00-10:00 AM	Power Yoga - SMBS
9:00-9:45 AM	Simply Fit-Van Hoof Gym	8:45-9:30 AM	Step - Orbison	9:00-10:00 AM	Tabata Cardio Core - AP Gym
9:00-9:45 AM	Group Cycling	9:00-10:00 AM	Power Vinyasa Yoga - WP	9:00-10:00 AM	Strength & Resistance - WFC
9:00-9:45 AM	Deep Water Exercise - Pool	9:00-9:30 AM	Synrgy Group Training - \$	9:00-9:30 AM	Synrgy Group Training - \$
9:00-9:45 AM	BollyX-Aerobic Studio	9:00-9:45 AM	Group Cycling	9:00-9:45 AM	Deep Devotion - Boldt
9:00-9:45 AM	Core - Martial Arts Studio	9:00-9:45 AM	H2O Fusion - Boldt	9:00-9:45 AM	Cardio Kickboxing - AS
9:00-9:50 AM	Slow Flow Yoga-HLS	9:00-10:00 AM	Pilates/Yoga Fusion - SMBS	9:00-10:00 AM	Slow Flow Yoga - MB
9:00-10:00 AM	Boot Camp-Endries Gym	9:00-9:45 AM	Group Cycling	9:00-9:45 AM	Deep Water Exercise - Pool
9:00-9:45 AM	H2O Exercise - YP	9:00-9:45 AM	Aqua Zumba - Pool	9:00-9:45 AM	Step - Aerobic Studio
9:00-10:00 AM	Boot Camp - T	9:00-9:45 AM	Silver Sneakers Classic - MAS	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	Beg Pilates/Yoga Fusion - HLS	9:00-9:45 AM	Core - Martial Arts Studio
9:15-10:00 AM	Simply Fit H2O - PL	9:00-10:00 AM	Zumba - Aerobic Studio	9:00-9:45 AM	Group Cycling
9:00-10:00 AM	Slow Flow Yoga - MB	9:00-10:00 AM	Cross Training Circuit - Endries Gym	9:00-9:50 AM	Slow Flow Yoga - HLS
		9:00-10:00 AM	Barre Above - Dance Studio	9:00-9:45 AM	H2O Exercise - YP

9:30-10:15 AM	Cycling Lite	9:00-9:45 AM	Cardio Gold - Front 1/2 UG	9:00-10:00 AM	Boot Camp
9:50-10:35 AM	Simply Fit - AS	9:00-9:45 AM	H2O Exercise - YP	9:30-11:00 AM	Stay Strong - T
10:00-11:00 AM	Barre Fusion - DS	9:00-9:45 AM	Deep Water Exercise - DW	9:00-9:45 AM	Silver Sneaker Classic - 1/2 UG
10:00-11:00 AM	Pilates/Yoga Fusion - SMBS	9:15-10:00 AM	Simply Fit H2O- PL	9:15-10:00 AM	Deep Water - PL
10:00-11:00 AM	Reformer 2 - \$	9:15-10:00 AM	Zumba - AS	9:30-10:15 AM	No Equipment Endurance - DS
10:00-10:30 AM	Cycle Lite Express	9:15-10:45 AM	Power Vinyasa Yoga - MB	9:45-10:45 AM	Zumba - AS
10:00-11:00 AM	Zumba-Aerobic Studio	9:30-10:30 AM	Strollerobics - T	9:50-10:35 AM	Simply Fit - AS
10:00-10:45 AM	Pilates - SMB	9:30-10:30 AM	Boot Camp - AS	10:00-11:00 AM	Pilates/Yoga Fusion - SMBS
10:00-10:45 AM	Senior Water Exercise - YP	9:45-10:45 AM	Tai Chi - AS	10:00-11:00 AM	Barre Fusion - DS
10:00-10:45 AM	Deep Water Exercise - DW	10:00-10:45 AM	Foam Roller	10:00-11:00 AM	Zumba - Aerobic Studio
10:10-10:55 AM	Simply Fit - WFC	10:00-11:00 AM	Reformer Mat Flow - \$	10:00-11:00 AM	Power Vinyasa Yoga-HLS
10:15-11:15 AM	Simply Yoga - MB	10:00-11:00 AM	Restorative Yin Yoga	10:00-10:45 AM	Pilates - SMB
10:00-11:00 AM	Chair Yoga	10:00-11:00 AM	Arthritis Aquatics - YP	10:00-10:45 AM	Deep Water Exercise -DW
10:30-11:15 AM	Chair Yoga - 1/2 UG	10:15-11:15 AM	Strength & Resistance - WFC	10:00-10:45 AM	Senior Water Exercise - YP
10:45-11:30 AM	Silver Sneaker Classic - AS	10:15-11:00 AM	Cardio Dance Gold - AS	10:00-10:45 AM	Simply Fit - WP
10:45-11:00 AM	Pilates Bonus - SMB	10:15-11:00 AM	Senior Splash - PL	10:00-10:45 AM	Chair Yoga -UG
10:45-11:00 AM	Water Walking - YP	10:15-11:15 AM	Strength & Resistance - AS	10:10-10:55 AM	Simply Fit - Appvion
		10:30-11:30 AM	Simply Stretch - SMBS	10:15-11:15 AM	Simply Yoga - MB
		10:00-11:00 AM	Zumba	10:15-11:00 AM	Aqua Zumba
				10:20-11:00 AM	No Equipment Endurance - DS
				10:45-11:30 AM	Simply Strength - AS
				10:45-11:00 AM	Pilates Bonus - SMB
				10:45-11:00 AM	Water Walking -YP

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	Synrgy Group Training - \$
11:30-NOON	Synrgy Group Training \$	11:30-NOON	TRX \$ - AP Gym	11:30-NOON	Restorative Yoga - MB
11:15-12:15 PM	Chair Yoga - HLS	11:30-12:15 PM	Tai Chi - DS	11:15-12:15 PM	Chair Yoga - HLS
11:30-NOON	Restorative Yoga - MB	NOON-12:45 PM	H2O Strength/Stretch - Boldt	NOON-1:00 PM	Y Fit - AS \$
NOON - 12:45 PM	Group Cycling - WR	NOON-1:00 PM	Reformer 2 - \$	NOON-12:45 PM	Group Cycling - WR
NOON-1:00 PM	Power Hour - AS	NOON-12:45 PM	Group Cycling	NOON-12:45PM	Aqua Zumba - Boldt
NOON-12:45 PM	Aqua Zumba - Boldt	NOON-1:00 PM	Power Vinyasa Yoga -SMB	NOON-12:45PM	Hatha Yoga - SMBS
NOON-12:45 PM	Hatha Yoga - SMBS	NOON-1:00 PM	Pre/postnatal Aqua - YP	NOON-12:45PM	Group Cycling
NOON-12:45 PM	Group Cycling	12:10-12:50 PM	Group Cycling - CS	NOON-12:30 PM	Synrgy Group Training - \$
NOON-12:30 PM	Synrgy Group Training \$	12:15-1:00 PM	Tai Chi - HLS	NOON-12:45 PM	Kettlebell Boot Camp - AS
NOON-12:45 PM	Kettlebell Boot Camp - AS	1:45-3:15 PM	Tai Chi - SMBS	12:05-12:50 PM	Transform (FOD) Aerobic Studio
12:05-12:50 PM	Tai Chi Easy - WP	3:15-4:15 PM	Tai Chi for Beginners - SMBS	12:05-12:50 PM	Group Cycling
12:05-12:50 PM	Group Cycling -Cycling Studio			12:10-12:55 PM	Boot Camp - T
12:05-12:50 PM	Transform (FOD) Aerobic Studio			12:45-1:45 PM	Enhance Fitness - APGYM
12:10-12:55 PM	Boot Camp -T			2:30-3:15 PM	Aqua Zumba - YP
12:45-1:45 PM	Enhance Fitness - APGYM			2:30-3:30 PM	Inspire - T
2:30-4:00 PM	Stay Strong - Track				
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
4:15-5:15 PM	Aerial Yoga - \$	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	Synrgy 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			5:00-6:00 PM	Hatha Yoga - SMB
5:00-6:00 PM	Pregnant & Fit - Track Area	5:20-6:20 PM	Zumba - Aerobic Studio	5:30-6:30 PM	Power Vinyasa Yoga - MB
5:00-5:45 PM	Group Cycling - CS	5:30-6:30 PM	Power Vinyasa Yoga -SMB	5:15-6:15 PM	TABATA Cardio - AS
5:15-6:00 PM	PiYo Live - AS	5:30-6:15 PM	Strength and Resistance - WFC	5:30-6:30 PM	Zumba - AS
5:30-6:15 PM	Max Intervals - AS	5:30-6:00 PM	Synrgy Group Training - \$	5:30-6:15 PM	Group Cycling - WR
5:30-6:30 PM	Zumba - AS	5:30-6:00 PM	TRX/Kettlebell Combo \$ - AS	5:00-6:00 PM	Cycling Boot Camp
5:30-6:15 PM	Group Cycling - WR	5:30-6:15 PM	Pilates - Healthy Living Studio	5:30-6:30 PM	Zumba - APGYM
5:25-6:25 PM	Power Yoga - SMBS	5:30-6:30 PM	Cycle 360 - Cycling Studio	5:30-6:30 PM	Mindful Movement 2 - SMBS
5:30-6:10 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
5:30-6:30 PM	Cardio Strength Fusion - T			6:00-6:45 PM	Group Cycling
5:30-6:30 PM	Power Vinyasa Yoga - SMB	6:15-7:15 PM	Pilates/Yoga Fusion - AS	6:00-6:45 PM	Group Cycling
5:45-6:30 PM	Group Cycling	6:15-7:15 PM	Turbo Kick - AS	6:00-6:45 PM	Barre Pilates - AS
6:00-7:00 PM	Yoga Basics - WP	6:30-7:30 PM	Core de Force - Appvion Gym	6:15-7:00 PM	Zumba - AS
6:00-6:45 PM	Group Cycling	6:30-7:30 PM	Step Combo - Aerobic Studio	6:30-7:45 PM	Mindful Movement 1 - SMBS
6:05-6:50 PM	TRX Training \$ - AS	6:30-7:30 PM	Hatha Yoga - HLS	6:30-7:30 PM	Strength and Resistance - AS
6:00-7:00 PM	Zumba - AP GYM	6:45-7:45 PM	Restorative/Yin Yoga - SMB	6:45-7:45 PM	Yoga for Men - AS
6:15-7:00 PM	Deep Water Exercise -DW	7:00-8:00 PM	Inspire - T	6:45-7:30 PM	Cardio Funk -HLS
6:15-7:00 PM	Zumba - AS	7:45-8:45 PM	Meditative Yoga - HLS	6:30-7:30 PM	Tai Chi for Beginners - Winter 2
6:30-7:30 PM	Hatha Yoga - SMBS	8:00-8:55 PM	Restorative Yoga - SMBS	7:15-8:00 PM	H2O Fusion - PL
6:30-7:30 PM	Strength and Resistance - AS	8:35-9:25 PM	H2O Fusion - Pool		
6:45-7:45 PM	Pilates - AS				
7:15-8:00 PM	Deep Water - PL				

7:15-8:15 PM	Yoga for Men - WP
7:15-8:00 PM	PiYo Live - 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	5:00-5:45 AM	Group Cycling - CS	6:00-6:45 AM	Group Cycling - CS
5:05-5:35 AM	TRX \$ - AS	5:15-6:15 AM	Turbo Kick - AS	6:30-7:30 AM	Boot Camp - Endries Gym
5:10-5:55 AM	Core/Strength/Core - VH Gym	5:15-6:15 AM	Group Cycling	6:15-7:30 AM	TABATA Cardio - Van Hoof Gym
5:15-6:00 AM	Group Cycling	5:15-6:00 AM	Cycle 360	6:45-7:30 AM	H2O Exercise - Pool
5:15-6:00 AM	Group Cycling - WR	5:15-6:15 AM	Boot Camp - Endries Gym	7:00-8:00 AM	H2O Fusion - Boldt
5:15-6:00 AM	Group Cycling	5:15-6:15 AM	Strength & Resistance - T	7:00-9:00 AM	Revolutionary Rides
5:15-6:15 AM	BOSU Cardio/Conditioning - AS	5:30-6:15 AM	Cardio Strength Fusion - AS	7:00-8:30 AM	Group Cycling
5:30-6:00 AM	Max Interval - T	5:30-6:15 AM	Group Cycling	7:30-8:00 AM	Strength & Resistance - AS
5:30-6:15 AM	Strength and Resistance - AP Gym	5:30-6:15 AM	H2O Fusion - Boldt	7:30-8:15 AM	Group Cycling - WR
5:30-6:15 AM	H2O Strength/Stretch - Boldt	5:45-6:30 AM	Boot Camp - AP Gym	7:30-8:15 AM	Group Cycling
5:30-6:15 AM	Awakening Yoga - SMBS	5:45-6:30 AM	H2O Fusion - Pool		
5:45-6:15 AM	H2O Strength & Stretch	6:00-6:45 AM	Group Cycling - CS		
6:00-6:45 AM	Group Cycling	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	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
8:00-8:45 AM	Hatha Yoga - WP	8:00-9:00 AM	Strength & Resistance - WFC	8:00-9:00 AM	Zumba - AP GYM
8:00-8:45 AM	Arthritis Aquatics - Guardian	8:00-9:00 AM	Cardiac H2O - Boldt	8:00-9:00 AM	Aerial Yoga - \$
8:00-8:30 AM	Strength & Resistance - AS	8:15-9:15 AM	Arthritis Aqua - PL	8:00-8:45 AM	Sampler Saturday-Aerobic Studio
8:00-8:45 AM	Simply Fit - Aerobic Studio	8:10-8:55 AM	Zumba - AS	8:00-8:45 AM	H2O Strength & Stretch - YP
8:00-8:45 AM	Silver Sneakers Classic - MAS	8:00-8:45 AM	Strength & Resistance - AS	8:00-8:45 AM	Circuit Training -T
8:00-8:45 AM	H2O Strength & Stretch - YP	8:15-8:45 AM	Guided Meditation - SMBS	8:15-9:15 AM	Pilates Yoga Fusion - WP
8:05-8:45 AM	Simply Fit H2O - Pool	8:15-9:00 AM	Simply Stretch - WP	8:15-9:10 AM	PiYo LIVE - AS
8:15-9:00 AM	PiYo Live - MB	8:30-9:30 AM	Zumba - AS	8:45-9:45 AM	Zumba -AS
8:15-9:00 AM	H2O Fusion - PL	8:15-9:15 AM	Group Cycling	9:00-10:00 AM	Hatha Yoga -SMB
8:35-9:15 AM	Strength & Resistance - AS	8:30-9:15 AM	Group Cycling -CS	9:00-10:00 AM	Power Yoga - SMBS
8:30-9:00 AM	Core - AS	8:30-9:45 PM	Power Vinyasa Yoga - SMB	9:00-9:45 AM	Strength & Resistance-AS
8:15-9:15 AM	Group Cycling	8:30-9:30 AM	Strength & Resistance -T	9:00-10:00 AM	Hatha Yoga - HLS
8:30-9:15 AM	Barre Pilates - DS	8:30-9:30 AM	Simply Fit -AS	9:15-10:00 AM	Zumba - AS
8:30-9:30 AM	Group Cycling -CS	8:30-9:15 AM	Group Cycling - WR	10:15-11:15 AM	Hatha Yoga - SMBS
8:30-9:45 AM	Power Vinyasa Yoga -SMB	9:00-9:45 AM	Kettlebell - AS	10:30-11:15 AM	Special Rec Yoga - SMB
8:30-9:30 AM	Zumba -AS	9:00-10:00 AM	Slow Flow Yoga -MB		
8:30-9:30 AM	Circuit Training -UG	9:00-9:45 AM	Group Cycling		
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	Reformer 3 - \$	9:00-10:00 AM	Strength & Resistance - WFC		
9:00-10:00 AM	Power Vinyasa Yoga - WP	9:00-9:45 AM	Deep Devotion - Boldt		
9:00-9:30 AM	Synrgy Group Training \$	9:00-9:45 AM	Simply Stretch - MAS		
9:00-9:45 AM	Reality Rides - Cycling Studio	9:00-9:45 AM	Group Cycling		
9:00-10:00 AM	Pilates/Yoga Fusion - SMBS	9:00-9:45 AM	Deep Water Exercise - Pool		
9:00-9:45 AM	H2O Fusion - Boldt	9:00-9:50 AM	BollyX - Aerobic Studio		
9:00-9:45 AM	Group Cycling	9:00-10:00 AM	Max Intervals - Endries Gym		
9:00-9:45 AM	Silver Sneakers Classic - MAS	9:00-9:45 AM	H2O Exercise -YP		
9:00-9:45 AM	Beg Pilates/Yoga Fusion - HLS	9:00-10:00 AM	Boot Camp - T		
9:00-9:45 AM	Aqua Zumba - Pool	9:00-9:45 AM	Silver Sneaker Classic-1/2UG		
9:00-10:00 AM	Zumba Toning - Aerobic Studio	9:15-10:00 AM	Deep Water - PL		
9:00-9:45 AM	Cardio Gold -Front1/2 UG	9:30-10:15 AM	Cycle Lite		
9:00-9:45 AM	Aqua Zumba -YP	9:50-10:35 AM	Simply Fit - AS		
9:00-9:45 AM	Deep Water Exercise -DW	10:00-11:00 AM	Tai Chi for Better Balance - WP		
9:15-10:00 AM	Zumba - AS	10:00-11:00 AM	Reformer 2 - \$		
9:15-10:00 AM	Simply Fit H2O Fusion - PL	10:00-11:00 AM	Slow Flow Yoga - SMBS		
9:30-10:15 AM	Zumba Gold - AP Gym	10:00-10:30 AM	Cycle Lite Express		
9:15-10:45 AM	Power Vinyasa Yoga - MB	10:00-11:00 AM	Zumba - Aerobic Studio		
9:30-10:30 AM	Strollerobics -T	10:00-10:45 AM	Pilates - SMB		
9:30-10:30 AM	Boot Camp - AS	10:00-10:45 AM	Chair Yoga - UG		
9:45-10:45 AM	Tai Chi - AS	10:00-11:00 AM	Arthritis Aquatics -YP		
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	Reformer 2 \$	10:45-11:30 AM	Silver Sneakers Classic - AS		
10:15-11:15 AM	Strength & Resistance - WFC	11:00-NOON	Reformer 1 - \$		
10:15-11:00 AM	Zumba Gold - AS	11:00-11:45 AM	Simply Stretch - SMBS		
10:15-11:00 AM	Senior Splash - PL				

10:15-11:15 AM	Strength & Resistance - AS
10:30-11:30 AM	Simply Stretch - SMBS

Lunch Hour Classes

11:00-11:45 AM	Senior Water Exercise -YP
11:05-11:55 AM	Chair Yoga - MB
11:30-NOON	TRX \$ - AP GYM
11:30-NOON	Strength & Resistance Express - FWR
11:45-12:45 PM	Aerial Yoga - \$
NOON-12:45 PM	H2O Strength/Stretch - Boldt
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
1:45-3:15 PM	Tai Chi - SMBS
3:15-4:15 PM	Tai Chi for Beginners - SMBS

11:15-NOON	Senior Water Exercise - YP
NOON-1:00 PM	Power Hour - AS
NOON-1:00 PM	Power Vinyasa Yoga - SMB
NOON-12:30 PM	TRX/Kettlebell Combo - \$ AS
NOON-12:45 PM	Aqua Zumba - Boldt
NOON-12:45 PM	Group Cycling
NOON-12:30 PM	Syngry Group Training \$
NOON-12:45 PM	Group Cycling
NOON-12:45 PM	Power Yoga - SMBS
12:05-12:50 PM	Group Cycling
12:10-12:55 PM	Boot Camp - T
12:05-1:05 PM	BollyX - AS
12:15-1:00 PM	Tai Chi - HLS
12:45-1:45 PM	Enhance Fitness - APGYM

Lunch Hour Classes

Evening Classes

3:45-4:45 PM	Pump It Up (7-13 Years) -T
4:15-5:00 PM	Transform - HLS
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
5:45-6:30 PM	Kettlebell - WP
6:00-6:45 PM	Group Cycling
5:30-6:30 PM	Bike + Barre Fusion
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
6:30-7:00 PM	Family Cardio Funk
6:45-7:45 PM	Restorative/Yin Yoga -KR
7:00-8:30 PM	Stay Strong - T
6:00-7:00 PM	Zumba
7:45-8:45 PM	Meditative Yoga-HLS
8:00-8:55 PM	Restorative Yoga - SMBS
8:35-9:25 PM	H2O Fusion - Pool

Evening Classes

4:45-5:30 PM	Cardio Barre Blend - AP Gym
4:30-5:30 PM	Water Running -DW
5:30-6:30 PM	Aerial Yoga \$

Evening Classes

SUNDAY	
Mid Morning Classes	
7:45-8:30 AM	Group Cycling
7:45-8:45 AM	Boot Camp
8:45-9:45 AM	Zumba - AS
8:45-9:30 AM	Aqua Zumba - Boldt
9:15-10:15 AM	Retro Cardio - AS
9:30-10:30 AM	Zumba - Aerobic Studio
10:15-11:30 AM	Mindful Movement - SMBS
10:30-NOON	Group Cycling

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 AS = Aerobic Studio WP = White Pine Room RO = Red Oak Room WC = Wellness Center WR = Willow Room (Cycling Studio) O = Outdoor	Appleton YMCA 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	Fox West YMCA AS = Aerobic Studio LL = Lower Level MB = Mind/Body Studio PL = Pool	Heart of the Valley YMCA 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.