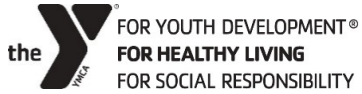


APPLETON YMCA GROUP FITNESS BONUS WEEK SCHEDULE December 18 to December 24, 2017

YMCA Members Bring a Guest Free Week

| Monday December 18 | Tuesday December 19 | Wednesday December 20 | Thursday December 21 | Friday December 22 | Saturday December 23 |
|---|--|---|---|--|--|
| 5:30AM Group Cycling- Emily 5:30AM H2O Fusion- Elaine 5:45AM Total Body Bootcamp- Cyndi 6:00AM Power Yoga- Jacquie 6:30AM Synrgy 7:00AM H2O Exercise- Roxann 7:15AM Simply Balance-Dana 7:50AM Reformer 3- Susie 8:00AM Zumba-Barb 8:00AM Slow Flow Yoga-Erica 8:00AM Cardiac H2O – Roxann 8:00AM Strength and Resistance- Natalie 9:00AM Strength and Resistance- Susie 9:00AM Power Yoga- Erica 9:00AM Group Cycling- Jan 9:00AM Deep Devotion- Mary P. 10:00AM Reformer 2- Trina 10:00AM Pilates/Yoga Fusion- Susie 10:15AM Simply Fit- Jan 11:00AM Simply Strength – Joyce 11:00AM Meditative Yoga-Erica 11:00AM Reformer 1- Trina 11:00AM Zumba Gold- Kari 12Noon Synrgy 12N Aqua Zumba- Caroline 12NGroup Cycling- Tim Peterson 12:45 PM Enhance Fitness- Jan 4:00PM Reformer 3-Susie 4:15PM Aerial Yoga-Erica 4:30PM Core- Gail 4:45PM Group Cycling-Carly 5:25PM Power Yoga- Sandy 5:45PM Group Cycling- Gail | 5:15AM Group Cycling- Cyndi 5:30AM H2O Strength and Stretch- Nadine 5:30AM Awakening Yoga-Joanna 5:30AM Strength and Resist-Mary 6:15AM Group Cycling- Cyndi 6:15AM Water Running- Jan 6:30AM TRX 7:30AM Slow Flow Yoga-Margie 7:50AM Reformer 3-Susie 8:00AM Arthritis Aquatic- Nancy 8:00AM Silver Sneakers Classic- Mary P. 8:15AM Express Cycling- Nicole 8:45AM Arthritis Aquatic- Nancy 8:45AM Step-Laura 9:00AM Pilates/Yoga Fusion-Susie 9:00AM Group Cycling- Nicole. 9:00AM H2O Fusion- Tammy 9:30AM Cardio-Kristina 10:00AM Reformer 2-Trina 10:15AM Strength and Resistance-Laura 10:30AM Gentle Stretch-Margie 11:00AM Reformer 1- Trina 11:30AM TRX 12Noon Aerial yoga-Kristina 12Noon H2O Strength and Stretch- Margie 12:00Noon Reformer 2- Trina 1:45PM Tai Chi- Margie 3:15PM Tai Chi Beginners-Margie 4:20PM Aerial Yoga-Erica 4:45PM Group Cycling Express- Gail 5:30PM Strength and Resistance- Gail 6:15PM H2O Fusion- Deb 6:30PM Power Yoga- Brooke 6:30PM Core de Force-Jacob | 5:30AM H2O Intervals- Mary G. 5:30AM Group Cycling- Laura N 5:45AM Total Body Boot Camp- Sarah 6:00AM Yoga- Bonnie 6:30AM Synrgy 6:45AM Reformer 2-Wendy 7:00AM H2O Exercise- Roxann 7:15AM Simply Balance-Dana 7:45AM Strength and Resistance- Katie 7:50AM Reformer 2-Susie 8:00AM Zumba-Amy 8:55AM Reformer 2- Wendy 8:00AM Cardiac H2O - Roxann 9:00AM Group Cycling- Jan 9:00AM Strength and Resistance- Susie 9:00AM Power Yoga- Carissa 10:00AM Pilates/Yoga Fusion- Susie 10:15AM Simply Fit- Jan 11:00AM Simply Strength- Jan 11:00AM Simply Stretch-Teri 11:00AM Zumba Gold-Kari 12Noon- Hatha Yoga-Teri 12Noon Synrgy 12Noon- Group Cycling- Bill 12:45 PM Enhance Fitness- Mary Beth 4:00PM Aerial Yoga-Kristina 4:45PM Cycling Bootcamp- Don K. 5:30PM Zumba- Katrina 5:30PM Mindful Movement 2 Yoga-Jim 6:30PM Mindful Movement 1 Yoga-Jim | 5:15AM Group Cycling- Sally 5:30AM Awakening Yoga- Joanna 5:30AM Strength and Resist-Mary 6:15AM Group Cycling- Sarah W. 6:15AM Water Running- Sally 6:30AM TRX 7:30AM Slow Flow Yoga-Margie 7:50AM Reformer 3- Susie 8:00AM Arthritis Aquatic - Nancy 8:00AM Silver Sneakers Classic- Mary P. 8:15AM Express Cycling- Nicole 8:45AM Step-Laura 8:45AM Arthritis Aquatic- Nancy 8:55AM Reformer 3- Wendy 9:00AM Pilates/Yoga Fusion-Susie 9:00AM Group Cycling- Nicole 9:00AM H2O Fusion- Elaine 9:30AM Zumba Gold-Kari 10:15AM Strength and Resistance-Laura 10:30AM Simply Stretch-Margie 11:00AM Reformer 2- Wendy 11:30AM TRX 12Noon H2O Strength and Stretch- Margie 1:45PM Tai Chi- Margie 3:15PM Tai Chi Beginners-Margie 4:20PM Hatha Yoga- Susan 5:15AM Reformer 1- Sara 5:30PM Strength and Resistance- Joyce 5:30PM Group Cycling- Carly 6:00PM Cardio-Hannah 6:15PM H2O Fusion- Deb | 5:30 AM Nordic Walking- Mary G. 5:30AM H2O Fusion- Elaine 5:30AM Group Cycling- Sally 6:30AM Synrgy 7:00AM H2O Exercise- Roxann 8:00AM Cardiac H2O- Roxann 8:00AM Zumba-Barb 8:15AM Guided Meditation-Joy 8:00AM Strength and Resistance-Kristina 9:00AM Group Cycling- Gail 9:00AM Power Yoga- Brooke 9:00AM Deep Devotion- Mary P. 9:00AM Strength and Resistance-Susan 10:00AM Slow Flow Yoga-Brooke 11:00AM Simply Stretch- Teri 12Noon Synrgy 12N Group Cycling- Brian 12N Aqua Zumba- Caroline 12:45 PM Enhance Fitness- Jan 1:30PM Mommy and Me Yoga-Hannah 5:30PM Aerial Yoga- Erica | 6:00AM Water Running- Mary G. 7:00AM H2O Fusion- Mary G. 7:00-9:00AM REV Rides: Joyride!- Don K. 8:00AM Strength-Brandy 9:00AM Zumba-Katrina 9:00AM Power Yoga- Jacquie 9:15AM Cycling Bootcamp- Sarah W. 10:15AM Hatha Yoga- Jacquie 11:30AM Gratitude Yoga-Layah |
| | | | | | <p>Sunday, December 24</p> <p>Christmas Eve YMCA Closes at 2:00PM</p> <p>7:45AM Group Cycling- Michael</p> <p>10:15AM Mindful Movement Yoga- Jim</p> <p>**Schedule Subject To Change</p> |



APPLETON YMCA GROUP FITNESS BONUS WEEK SCHEDULE December 25, 2017 – January 1, 2018

YMCA Members Bring a Guest Free Week

| Monday December 25 | Tuesday December 26 | Wednesday December 27 | Thursday December 28 | Friday December 29 | Saturday December 30 |
|--|--|---|---|--|--|
| <p>Merry Christmas! YMCA Closed No Fitness Classes</p> | <p>5:15AM Group Cycling- Cyndi 5:30AM H2O Strength and Stretch- Nadine 5:30AM Strength and Resist- Mary 6:15AM Group Cycling- Cyndi 6:15AM Water Running- Jan 7:30AM Slow Flow yoga-Margie 8:00AM Silver Sneakers Classic- Mary P. 8:15AM Express Cycling- Eddie 9:00AM Group Cycling- Eddie 10:30AM Gentle Stretch-Margie 12Noon H2O Strength and Stretch- Margie 12:00Noon Aerial yoga-Kristina 1:45PM Tai Chi- Margie 3:15PM Tai Chi Beginners- Margie 4:20PM Aerial Yoga- Erica 4:45PM Group Cycling Express- Gail 5:30PM Strength and Resistance- Gail 6:15PM H2O Fusion- Deb 7:00PM Candlelight Yoga- Hannah</p> | <p>5:30AM H2O Intervals- Mary G. 5:30AM Group Cycling- Laura N 7:00AM H2O Exercise- Roxann 7:15AM Simply Balance-Dana 7:45AM Strength and Resistance- Katie 8:00AM Zumba-Amy 8:00AM Cardiac H2O – Roxann 8:15AM Guided Meditation- Joy 9:00AM Group Cycling- Jan 9:00AM Power Yoga- Carissa 10:15AM Simply Fit- Jan 11:00AM Simply Strength- Jan 11:00AM Aerial Yoga-Erica 12Noon Hatha Yoga-Erica 12Noon Synrgy 12Noon- Group Cycling- Tim P. 12:45 PM Enhance Fitness- Jan 4:45PM Cycling Bootcamp- Don K. 5:30PM Mindful Movement 2 Yoga-Jim 6:30PM Core De Force-Jacob 6:30PM Mindful Movement 1 Yoga-Jim</p> | <p>5:15AM Group Cycling- Sally 5:30AM H2O Strength and Stretch- Nadine 5:30AM Strength and Resist- Mary 6:15AM Water Running-Sally 6:30AM TRX 7:30AM Slow Flow yoga-Margie 8:00AM Arthritis Aquatic - Nancy 8:00AM Silver Sneakers Classic- Mary P. 8:15AM Express Cycling- Eddie 8:45AM Arthritis Aquatic- Nancy 9:00AM Group Cycling- Eddie 9:00AM H2O Fusion- Elaine 9:30AM Zumba Gold-Kari 10:30AM Simply Stretch-Margie 12Noon H2O Strength and Stretch- Margie 1:45PM Tai Chi- Margie 3:15PM Tai Chi Beginners-Margie 4:20PM Hatha Yoga- Susan 6:15PM H2O Fusion- Deb</p> | <p>5:30 AM Nordic Walking- Mary G. 5:30AM H2O Fusion- Elaine 5:30AM Group Cycling- Sally 7:00AM H2O Exercise- Roxann 8:00AM Cardiac H2O- Roxann 8:00AM Strength and Resistance-Joyce 8:00AM Zumba-Barb 8:15AM Guided Meditation- Joy 9:00AM Group Cycling- Gail 9:00AM Deep Devotion- Mary P. 9:00AM Strength and Resistance-Errah 12Noon Synrgy</p> | <p>6:00AM Water Running- Mary G. 7:00AM H2O Fusion- Mary G. 7:00-9:00AM REV Rides Peak Pursuit- Don K. 8:00AM Strength-Brandy 8:00AM Zumba-Sandra 9:00AM Power yoga- Jim 10:15AM Hatha yoga- Jim</p> |
| | | | | | <p>Sunday, December 31</p> |
| | | | | | <p>New Year's Eve Y Closes at 6:00PM</p> <p>7:45 AM Group Cycling- Eddie 10:15AM Mindful Movement Yoga-Jim</p> |
| | | | | | <p>Monday, January 1, 2018</p> <p>New Year's Day Y Open 7:30 AM to 6:00 PM</p> <p>8:00AM New Year's Day Cycling- Don K 9:00AM Strength and Resistance-Gail 10:00am Aerial yoga try-it Kristina 10:45am Aerial yoga try-it Kristina</p> |

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