



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE
Fall Session : 9/4/18 - 12/23/18
Fox West YMCA

*Holiday Fitness with a Friend Week November 19-25

Please check our YMCA of the Fox Cities App for the most up to date schedule of classes and instructors

MONDAY	TUESDAY	WEDNESDAY
Early Morning Classes	Early Morning Classes	Early Morning Classes
5:15-6:00 AM Cardio-Strength Fusion - AS 5:15-6:15 AM Group Cycling - CS 6:30-7:00 AM SYNRGY - WC \$	5:00-6:00 AM Boot Camp - Gym 5:15-6:00 AM Group Cycling - CS 5:30-6:30 AM Hatha Yoga - MB 6:00-6:30 AM Kettlebell - AS 6:30-7:00 AM TRX - AS \$	5:15-6:00 AM Cardio-Strength Fusion - AS 5:15-6:15 AM Group Cycling - CS 7:00-7:30 AM SYNRGY - WC \$
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
8:15-9:15 AM Boot Camp - Gym 8:15-9:00 AM H2O Fusion - PL 8:15-9:15 AM Group Cycling - CS 9:00-9:45 AM Step - AS 9:00-10:00 AM Slow Flow Yoga - MB 9:15-10:00 AM Simply Fit H2O - PL 9:30-10:15 AM Barre Fusion - DS 9:30-10:15 AM Cycle Lite - CS 9:50-10:35 AM Simply Fit - AS 10:15-11:00 AM Treadmill Strength- WC 10:15-11:15 AM Simply Yoga - MB 10:45-11:30 AM Simply Strength - AS	8:00-8:30 AM Strength and Resistance - AS 8:15-9:00 AM H2O Fusion - PL 8:00-8:55 AM PiYo™ LIVE - DS 8:15-9:15 AM Group Cycling - CS 8:30-9:00 AM Core - AS 9:00-9:30 AM SYNRGY - WC \$ 9:15-10:00 AM Simply Fit H2O - PL 9:15-10:10 am Zumba® - AS 9:15-10:45 AM Power Vinyasa Yoga - MB 9:30-10:00 AM SYNRGY - WC \$ 10:15-11:00 AM Cardio Dance Gold - AS 10:15-11:00 AM Senior Splash - PL	8:15-9:00 AM Kettlebell Boot Camp - AS 8:15-9:15 AM Barre Fusion - DS 8:15-9:15 AM Aqua Yoga - PL 8:15-9:15 AM Group Cycling - CS 9:00-9:45 AM Cardio Kickboxing - AS 9:00-10:00 AM Slow Flow Yoga - MB 9:20-10:05 AM Deep Water - PL 9:50-10:35 AM Simply Fit - AS 10:15-11:15 AM Simply Yoga - MB 10:45-11:30 AM Simply Strength - AS
Lunch Hour Classes	Lunch Hour Classes	Lunch Hour Classes
11:30-NOON Restorative Yoga - MB NOON-12:45 PM Kettlebell Boot Camp - AS	11:05-12:00 PM Chair Yoga - MB 11:30-12:15 PM Tai Chi - AS Noon-12:45 PM Group Cycling - CS	11:30-Noon Restorative Yoga - MB Noon-12:45 PM Kettlebell Boot Camp - AS Noon-12:45 PM Aqua Zumba® - PL
Evening Classes	Evening Classes	Evening Classes
4:00-4:45 PM Group Cycling - CS 5:25-6:10 PM Cardio-Strength Fusion - AS 5:30-6:30 PM Power Vinyasa Yoga - MB 6:15-7:10 PM Zumba® - AS 7:15-8:00 PM Deep Water - PL 7:15-8:00 PM Barre Fusion - AS	4:00-4:30 PM Core - MB 5:30-6:30 PM Power Vinyasa Yoga - MB 6:00 -6:45 PM Group Cycling - CS 6:15-7:15 PM Turbo Kick® - AS	5:30-6:30 PM Power Vinyasa Yoga - MB 6:00-6:45 PM Group Cycling - CS 6:15-7:10 PM Zumba® - AS 7:15-8:00 PM H2O Fusion - PL

THURSDAY		FRIDAY		SATURDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:00-6:00 AM	Boot Camp - Gym	5:15-6:15 AM	Turbo Kick® - AS	7:30-8:00 AM	Strength & Resistance - AS
5:15-6:00 AM	Group Cycling - CS	5:15-6:15 AM	Group Cycling - CS	7:30-8:15 AM	Group Cycling - CS
6:00-6:30 AM	Kettlebell - AS				
6:30-7:00 AM	TRX - AS \$				
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:30 AM	Strength & Resistance - AS	8:10-8:55 AM	Zumba® - AS	8:15-9:10 AM	PiYo™ LIVE - AS
8:15-9:00 AM	H2O Fusion - PL	8:15-8:45 AM	HIIT - Gym	9:00-10:00 AM	Power Vinyasa Yoga - MB
8:00-8:55 AM	PiYo™ LIVE - DS	8:15-9:15 AM	Arthritis Aqua - PL	9:15-10:00 AM	Zumba - AS
8:15-9:15 AM	Group Cycling - CS	8:15-9:15 AM	Group Cycling - CS		
8:30-9:00 AM	Core - AS	9:00-9:45 AM	Kettlebell - AS		
9:00-9:30 AM	SYNRGY - WC \$	9:00-10:00 AM	Slow Flow Yoga - MB		
9:15-10:00 AM	Simply Fit H2O - PL	9:20 -10:05 AM	Deep Water - PL		
9:15-10:10 AM	Zumba® - AS	9:50-10:35 AM	Simply Fit - AS		
9:15-10:45 AM	Power Vinyasa Yoga - MB	10:30-11:30 AM	Power Vinyasa Yoga - MB		
9:30-10:00 AM	SYNRGY - WC \$	10:45-11:30 AM	SilverSneakers® Classic - AS		
9:30-10:15 AM	Barre Fusion - DS				
10:15-11:00 AM	Zumba® Gold - AS				
10:15-11:00 AM	Senior Splash - PL				
Lunch Hour Classes		Lunch Hour Classes			
11:05-12:00 PM	Chair Yoga - MB				
Noon-12:45 PM	Group Cycling - CS				
Evening Classes		Evening Classes			
4:45-5:15 PM	TRX/Kettlebell Combo - AS \$				
5:30-6:15 PM	Strength & Resistance - AS				
5:30-6:30 PM	Power Vinyasa Yoga - MB				

Fitness Key

\$ These classes require a fee for members and general public.

These classes regularly reach our full room capacity. Please pick up a ticket at our scanner desk up to 30 minutes before class.

BOLD These classes require prior registration. Please register at the member services desk.

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.

AS - Aerobics Studio
CS - Cycling Studio
PL - Pool

MB - Mind/Body Studio
WC - Wellness Center
DS - Dance Studio