



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

Fall 1 Session : 9/5/17 - 10/22/17

Fall 2 Session : 10/23/17 - 12/17/17

Fox West YMCA

**Please see separate schedule for Bonus Week 11/20/17-11/26/17*

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

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

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