



# Chippewa Falls YMCA

611 Jefferson Ave, Chippewa Falls, WI 54729

November 2019

www.chippewaymca.com

Phone: 715-723-2201

## Group Exercise Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycling</b> Mary 5:30-6:10am	<b>Strength</b> Becky 5:45-6:30am	<b>Cycling</b> Katie S. 5:30-6:10am	<b>Boot Camp</b> Darla 5:45-6:45am	<b>Cycling</b> Darla/Mary 5:30-6:10am	
<b>Early Bird Fitness</b> Dennis 6:00-7:00am	<b>Cycling</b> Kate 6:45-7:30am	<b>Early Bird Fitness</b> Jan/Jackie 6:00-7:00am	<b>Cycling</b> Todd 6:45-7:30am		<b>Cycling</b> Rotates 7:00-7:45am
<b>Zumba</b> Lynda 8:30-9:15am	<b>Basic Fitness</b> Allison 8:30-9:15am	<b>Zumba</b> Katie B. 8:30-9:15am	<b>Basic Fitness</b> Jen 8:30-9:15am	<b>Variety Mix</b> Carolyn 8:30-9:30am	<b>H.I.I.T.</b> Brady/Whitney 8:15-9:00am
<b>Cycling/Strength</b> Carrie 9:30-10:15am		<b>Cycling/Strength</b> Carrie 9:30-10:15am		<b>Zumba Gold</b> Jordan 9:45-10:30am	<b>Cardio/Strength</b> Renee/Jenny 9:15-10:15am
<b>Cycling</b> James/Jackie 12:10-12:50pm	<b>H.I.I.T.</b> Carrie 12:10-12:50pm	<b>Strength</b> Jill 12:10-12:50pm	<b>Cycling</b> Kate 12:10-12:50pm	<b>Strength</b> Jill 12:10-12:50pm	
<b>Strength &amp; Stability</b> Dennis 4:30-5:15pm	<b>Fitness Conditioning</b> Vicki 4:30-5:15pm	<b>Core Conditioning</b> Vicki 4:30-5:15pm	<b>Fitness Conditioning</b> Vicki/Allison 4:30-5:15pm		
<b>STRONG by Zumba</b> Tara 5:30-6:30pm	<b>Cycling/Yoga Flow</b> Allison 5:30-6:30pm	<b>Cycling</b> Brady 5:30-6:15pm	<b>Cardio/Strength</b> Sharel D. 5:30-6:15pm		

## Yoga Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Sculpt Yoga</b> Deneen 6:00-6:45am	
<b>Gentle Chair Yoga</b> Carolyn 7:30-8:15am		<b>Gentle Chair Yoga</b> Carolyn 7:30-8:15am		<b>Gentle Chair Yoga</b> Carolyn 7:30-8:15am	
<b>SilverSneakers</b> Jean 8:30-9:15am		<b>SilverSneakers</b> Carolyn 8:30-9:15am	<b>Aqua Yoga**</b> Karen 8:00-8:45am	<b>Gentle Yoga</b> Jean 8:30-9:30am	
<b>Yoga</b> Karen 9:30-10:30am	<b>Yoga</b> Karen 9:30-10:30am	<b>Yoga</b> Emily 9:30-10:30am	<b>Self Care Yoga</b> Allison 9:30-10:30am	<b>Yoga</b> Carolyn 9:35-10:35am	<b>Zumba</b> Tara/Katie B. 9:30-10:15am
<b>Strength/Barre</b> Kara 12:10-12:50pm	<b>Open for Meditation</b> 11:00-12:30pm	<b>Open for Meditation</b> 11:00-12:30pm	<b>H.I.I.T. or Mobility</b> Carrie/Matt 12:10-12:50pm	<b>Open for Meditation</b> 11:00-12:30pm	
<b>Sculpt Yoga</b> Mike 5:30-6:30pm		<b>Yoga</b> Stephanie 5:30-6:30pm	<b>Zumba Kids</b> Lori E. 5:30-6:30pm		<b>**Aqua Yoga is held in the pool</b>

On Thanksgiving Day, the Y will be open from 7 - 11am. See flyer for special class offerings.

The Y will be open for normal business hours on Friday, November 29th with NO FITNESS CLASS OFFERINGS.

Classes will resume on Saturday, November 30th with the exception of Cardio/Strength at 9:15 am.