



# Chippewa Falls YMCA

## July 2nd - September 3rd

www.ymca-cv.org

Phone: 715-723-2201

**New Classes**

Cardio Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Indoor Cycling Jill/Mike 5:30-6:10am		Cycling/Strength Kara 5:30-6:15am	
	Variety Mix Carolyn 8:30-9:15am	Basic Strength Kara 8:30-9:15am	Cardio/Kick at 9 am moved to Riverfront Park	Basic Fitness Kimberley 8:30-9:15am		Open Cycling Member 7:00-7:45am
	Zumba Tara 9:30-10:15am					
	Indoor Cycling Kate 12:10-12:50pm	Open Cycling Member 11:00-12:00pm	Zone Match Carrie 11:40-12:00pm	Indoor Cycling James 12:10-12:50pm	Open Cycling Member 11:00-12:00pm	
	Open Cycling Member 5:30-6:30pm	Open Cycling Member 5:30-6:30pm	Open Cycling Member 5:30-6:30pm	Open Cycling Member 5:30-6:30pm	<--- 4:30 Class on Thursday moved to Riverfront Park	
Strength Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Fitness Dennis 6:15-7:00am	Strength Becky 5:30-6:15am	Early Bird Fitness Jill/Mike 6:15-7:00am		Early Bird VB Gym 6:15-7:00am	
	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	
		Sit & Fit Carolyn 8:30-9:15am	Sit & Fit Carolyn 8:30-9:15am	Sit & Fit Carolyn 8:30-9:15am	Cardio/Sculpt Missy 8:30-9:15am	Variety Mix Whitney 8:00-8:45am
			Strength Jill 12:10-12:50pm		Strength Jill 12:10-12:50pm	
	Strength & Stability Dennis 4:30-5:15pm	Fitness Conditioning Vicki 4:30-5:15pm	Core Conditioning Vicki 4:30-5:15pm	4:30 Kids MOVE! moved to Riverfront Park		

Please turn over - important information including yoga and water aerobics schedule on back side.

### Get your FREE workout in before the fair fun begins!

The Chippewa Falls YMCA is excited to partner with the Northern Wisconsin State Fair to offer free fitness classes to the community at the fairgrounds during the fair. Classes are limited to 20 participants and reservations are required. Visit [WWW.YMCA-CV.ORG/GROUPEXERCISE](http://WWW.YMCA-CV.ORG/GROUPEXERCISE) to reserve your spot.



**CLASSES will run from July 12 - July 17, 2022 and will be held on the Northern Wisconsin State Fair Grounds.**

**RIVERFRONT PARK CLASS INFORMATION ON THE BACK**



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**New Classes**

Yoga Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Sculpt Yoga</b> Deneen 6:00-6:45am		
	<b>Yoga</b> Carolyn 9:30-10:30am	<b>Yoga</b> Mike 9:30-10:30am	<b>Yoga</b> Karen 9:30-10:30am	<b>Yoga</b> Rebecca 9:30-10:30am	<b>Yoga</b> Carolyn 9:30-10:30am	
		<b>Sculpt Yoga</b> Mike 12:10-12:50pm				
	<b>Sculpt Yoga</b> Mike 5:30-6:30pm	<b>5:30 Yoga</b> moved to Riverfront Park				

Pool - Water Aerobics						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Shallow Water</b> Carylann 8:00-8:45am		<b>Shallow Water</b> Carylann 8:00-8:45am		<b>Shallow Water</b> Carylann 8:00-8:45am	<b>Aqua Motion</b> Shauna 8:00-8:45am
	<b>Deep Water</b> Shauna 8:00-8:45am	<b>Deep Water</b> Rhonda 8:00-8:45am	<b>Deep Water</b> Rhonda 8:00-8:45am	<b>Deep Water</b> Kim 8:00-8:45am	<b>Deep Water</b> Shauna 8:00-8:45am	
		<b>Aqua Motion</b> Shauna 5:15-6:00pm		<b>Aqua Motion</b> Shauna 5:15-6:00pm		



Riverfront Park						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Circuits</b> Kara 6:00-6:45am		<b>Cardio/Kick</b> Missy 9:00-9:45am		<b>Wellbeing Walk</b> Carrie 10:30-11:15am	
				<b>Strong Mind &amp; Body</b> Kristin 4:30-5:15pm		
		<b>Yoga</b> Karen 5:30-6:30pm	<b>Zumba</b> Cindy 6:00-7:00pm	<b>Kids MOVE!</b> Brenda 4:30-5:15pm		

**Riverfront Park classes are open to all!**