



# Eau Claire YMCA Group Fitness

Winter 2022

## GROUP EXERCISE CLASSES - GROUP EX STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIIT Nicole 6:15-7:00 AM		HIIT Nicole 6:15-7:00 AM		Just Pump Julie 6:00-6:50AM	
		Strength, Balance, Flexibility Missy/Laurie 8:15-9:00 AM		Strength, Balance , Flexibility Missy/Laurie 8:15-9:00 AM		
	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	Cardio Blast & Sculpt Missy 9:00-9:40AM	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	Cardio Blast & Sculpt Missy 9:00-9:40AM	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	ZUMBA Toning Cindy 9:00-9:45 AM
	Chair Yoga Ellie 10:30-11:15 AM	PIYO Cathie/Missy 9:45-10:30 AM	Sit & Fit Missy 10:30-11:15 AM	PIYO Cathie/Missy 9:45-10:30 AM	Sit & Fit Missy 10:00-10:45 AM	
	HIIT Nik 12:15-12:55 PM		Power Yoga Emily 12:15- 1:00 PM	HIIT Nik 12:15-12:55 PM	Power Yoga Emily 12:15- 1:00 PM	
	ZUMBA Cindy 5:30-6:15 PM	Yoga Emily 5:30-6:15 PM	ZUMBA Jen 5:30-6:15 PM	Yoga Cheyenne 5:00-5:45 PM		
				Zumba Cinthia 6:00-6:45 PM		



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## INDOOR CYCLING CLASSES - INDOOR CYCLING STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycling Traci 6:00-6:45 AM		Cycling Traci 6:00-6:45 AM		Cycling Traci 6:00-6:45 AM	
		Cycling Liz 9:00-9:45 AM		Cycling Liz 9:00-9:45 AM		
		Cycling Michelle 5:30-6:15 PM		Cycling Traci 5:30-6:15 PM		

## WATER EXERCISE CLASSES - LARGE POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hydro Aerobics Ron 8:00-8:55AM	Aqua ZUMBA Katie 8:00-8:45 AM	Hydro Aerobics Ron 8:00-8:55 AM	Aqua ZUMBA Katie 8:00-8:45 AM	Hydro Aerobics Kimberly 8:00-8:55 AM	Aqua ZUMBA Katie 8:00-8:45 AM
	Joint Efforts Alt. Deb/Bobbi 9:15-10:00 AM		Joint Efforts Alt. Deb/Bobbi 9:15-10:00 AM		Joint Efforts Alt. Deb/Bobbi 9:15-10:00 AM	
	Hydro Aerobics Kimberly 7:00-8:00 PM					