



# Chippewa Falls YMCA

October 1st - October 31st

www.ymca-cv.org

Phone: 715-723-2201

Begins Oct 8th

New Classes

Cardio Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Strength</b> Becky 5:30-6:15am	<b>Indoor Cycling</b> Jill/Brady 5:30-6:10am		<b>Cycling/Strength</b> Kara 5:30-6:15am	
<b>Spin, Strength, Soul</b> Brooke 7:30-8:15am	<b>Early Bird Fitness</b> Dennis 6:15-7:00am		<b>Early Bird Fitness</b> Jill/Brooke 6:15-7:00am			
	<b>Variety Mix</b> Carolyn 8:30-9:15am	<b>Basic Strength</b> Kara 8:30-9:15am	<b>Zumba</b> Tara 8:30-9:15am	<b>Basic Fitness</b> Kimberley 8:30-9:15am	<b>Cardio/Sculpt</b> Missy 8:30-9:15am	<b>Variety Mix</b> Whitney 8:00-8:45am
	<b>Zumba</b> Tara 9:30-10:15am					
	<b>Indoor Cycling</b> Kate 12:10-12:50pm	<b>Body Blast</b> Heather 12:10-12:50pm	<b>Strength</b> Jill 12:10-12:50pm	<b>Indoor Cycling</b> James 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>Spin, Strength, Soul</b> Brooke 4:30-5:15pm		
	<b>Zumba</b> Crista 5:30-6:30pm	<b>Cycling/Strength</b> Jessica 5:30-6:15pm	<b>Strength*</b> Solomon 5:30-6:15pm	<b>STRONG Nation</b> Crista 5:30-6:00pm		

Pool - Water Aerobics						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Shallow Water</b> Carylann 7:25-8:10am		<b>Shallow Water</b> Carylann 7:25-8:10am	<b>Aqua Motion</b> Shauna 8:00-8:45am
	<b>Deep Water</b> Shauna 8:15-9:00am	<b>Deep Water</b> Shauna 8:15-9:00am	<b>Deep Water</b> Connie 8:15-9:00am	<b>Deep Water</b> Rhonda 8:15-9:00am	<b>Deep Water</b> Rhonda 8:15-9:00am	
	<b>Shallow Water</b> Connie 9:05-9:50am	<b>Aqua Motion</b> Shauna 5:10-5:55pm	<b>Shallow Yoga</b> Connie 9:05-9:50am	<b>Aqua Motion</b> Shauna 5:10-5:55pm		

PLEASE TURN OVER -



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Yoga Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Sculpt Yoga</b> Deneen 5:45-6:30am		
	<b>Chair Yoga</b> Carolyn 7:30-8:15am	<b>Chair Yoga</b> Carolyn 7:30-8:15am	<b>Chair Yoga</b> Carolyn 7:30-8:15am	<b>Chair Yoga</b> Carolyn 7:30-8:15am	<b>Chair Yoga</b> Carolyn 7:30-8:15am	
		<b>Sit &amp; Fit</b> Carolyn 8:30-9:15am		<b>Sit &amp; Fit</b> Carolyn 8:30-9:15am		
<b>Sunday Shuffle</b> Rotating 9:30-10:30am	<b>Vinyasa Flow</b> Carolyn 9:30-10:30am	<b>Sculpt Yoga</b> Amy 9:30-10:30am	<b>Core Flow Yoga</b> Karen 9:30-10:30am	<b>Vinyasa Flow</b> Jenna 9:30-10:30am	<b>Vinyasa Flow</b> Carolyn 9:30-10:30am	
		<b>Sculpt Yoga</b> Max 12:10-12:50pm				
			<b>Power Flow*</b> Max 4:30-5:30pm			
	<b>Sculpt Yoga</b> Mike 5:30-6:30pm	<b>Core Flow Yoga</b> Karen 5:30-6:30pm		<b>Pilates</b> Amy 5:30-6:30pm		
	<b>Slow &amp; Stretchy*</b> Max 6:45-7:45pm		<b>Restorative &amp; Yin Yoga</b> Jenna 6:00-7:00pm	<b>Flow to Slow for All</b> Amy 6:45-7:45pm		

**GETTING SUPER SLEEP**

REGISTER HERE:  
[WWW.YMCA-CV.ORG/HIP](http://WWW.YMCA-CV.ORG/HIP)

When: Tuesday, October 17 at 6:30 PM  
Where: Chippewa Falls YMCA Community Room  
Cost: FREE! Open to the community

**HALLOWEEN AT THE Y**

Learn more at [www.ymca-cv.org](http://www.ymca-cv.org)

## New Class Descriptions:

**STRONG Nation®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. For 30 minutes, every squat, lunge, and burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Body Blast:** Total body workout that targets all major muscle groups incorporating weights and cardio blasts for max calorie burn. Class may travel to the gym or outdoors (weather permitting)

**Strength:** A challenging and effective all over body workout utilizing a variety of equipment including weights, barbells, resistance bands, balls and more to increase personal strength.

**Pilates:** Pilates is a form of strength and flexibility training that can be done at any level of fitness. This class will strengthen and lengthen the muscles and is beneficial for improving core strength and stability. Pilates can help rehab injuries, improve posture, and increase flexibility, circulation, and balance. Expect use of light weights, bands and light yoga flows.

**Shallow Water Yoga:** In this class we explore standing yoga postures in the shallow end of our YMCA pool to get a low impact, full body workout that helps to improve your strength, balance and range of motion.

**Sunday Shuffle:** Led by a rotation of all our wonderful Yoga instructors - this is the perfect class to start the week to align the body and reset the mind and spirit. Each instructor brings their own specialty to the practice, so every week brings something new! Perfect class for all yoga levels.

**Slow and Stretchy:** Slow moving yoga flow to stretch out every part of your body. This class will help ease tight muscles and assist in recovery from more intense physical activity. This class is for ALL levels of yoga experience to unwind from the day.

**Flow to Slow:** This class is just what it sounds like and geared towards EVERY-BODY. Class starts with flow work and moves into slow stretches and relaxation to end your practice.

**Power Flow:** Step up your flow! Class blends a higher intensity yoga flow with body weight work. This class will strengthen your yoga practice while building muscle and endurance.