

FITNESS FUN UNDER THE SUN



FREE FITNESS AT THE RIVERFRONT CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY

The Chippewa Falls YMCA will be offering FREE fitness classes to the entire community this summer at Riverfront Park! Classes will be offered daily beginning on June 2 through August 20. All classes are FREE and open to EVERYONE. If weather causes issues, class will be moved to the Chippewa Falls YMCA where everyone can still attend for free.

SUMMER 2025 FREE FITNESS CLASS SCHEDULE

MONDAYS

6:30–7:30 PM
Yoga with Max

TUESDAYS

5:30–6:30 PM
Yoga with Karen

WEDNESDAYS

5:30–6:30 PM
Zumba with Crista &
Tara

FRIDAYS

8:30–9:15 AM
Barre with Kim

CLASSES RUN JUNE 2–AUGUST 20, 2025
NO CLASS FRIDAY, JULY 4*

Class Description:

Yoga

Designed to bring balance, flexibility and mindfulness into your everyday routine! Each session includes a blend of stretches, flows, and breathwork to build strength and unwind. Class can be modified for all fitness levels.

Zumba

Bringing the FUN into FITNESS with this high energy, dance based cardio workout!

Barre

Engage muscles you wouldn't normally target - ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles - no ballet experience required.

FREE TO THE COMMUNITY!
PLEASE BRING YOUR OWN MAT!



YMCA-CV.ORG/GROUPEXSCHEDULES