

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 6 through September 2. All classes are FREE and open to EVERYONE. If weather causes issues, class will be moved to the Chippewa Falls YMCA.

SUMMER 2022 FREE FITNESS CLASS SCHEDULE

Mondays

- **Circuits | 6:00–6:45 AM**

- This amazing 45-minute workout gets your heart rate up and strengthens and tones your muscles at the same time. Move quickly through a number of exercises to work different muscle groups. This workout is a fun, challenging and motivating way to start your week off strong. Suitable for all fitness levels. All exercises can be modified and performed at a pace that works best for your body.

Tuesdays

- **Yoga | 5:30–6:30 PM**

- Start your Yoga journey here! Take the time to shed the distractions and enjoy a reconnection with your body senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening, while learning basic yoga poses.

Wednesdays

- **Cardio/Kick | 9:00–9:45 AM**

- Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

- **Zumba | 6:00–7:00 PM**

- Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.

Thursdays

- **Strong Mind & Body | 4:30–5:15 PM**

- Body-weight strength training conquering your time under body-weight tension. You will rethink the way you define fatigue and find new boundaries that challenge your muscular endurance and strength.

- **Kids MOVE! | 4:30–5:15 PM**

- A weekly class designed for children 4 - 11 years old filled with games and activities designed to keep them healthy and strong!

Fridays

- **Walk for your Wellbeing | 10:45–11:30 AM**

- Want to increase your energy, lower stress, and improve your health? Join us for a 45 minute walk through Riverfront Park that will leave you feeling energized and excited to start your weekend. All ages and abilities welcome.

FOR MORE INFORMATION: WWW.YMCA-CV.ORG/GROUPEXERCISE