



Chippewa Falls YMCA
January 2 - March 31, 2023

www.ymca-cv.org Phone: 715-723-2201

New Classes

Cardio Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Circuits Rotating 5:30-6:15am	Strength Becky 5:30-6:15am	Indoor Cycling Jill/Brady 5:30-6:10am		Cycling/Strength Kara 5:30-6:15am	
Spin, Strength, Soul Brooke 7:30-8:15am	Early Bird Fitness Dennis 6:15-7:00am		Early Bird Fitness Jill/Brooke 6:15-7:00am			Cycling/Strength Rotating 7:00-7:45am
	Variety Mix Carolyn 8:30-9:15am	Basic Strength Kara 8:30-9:15am	Zumba Tara 8:30-9:15am	Basic Fitness Kimberley 8:30-9:15am	Cardio/Sculpt Missy 8:30-9:15am	Variety Mix Whitney 8:00-8:45am
	Zumba Tara 9:30-10:15am		Step/Pump Carolyn 9:30-10:15am			
	Indoor Cycling Kate 12:10-12:50pm		Strength Jill 12:10-12:50pm	Indoor Cycling James 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	Spin, Strength, Soul Brooke 4:30-5:15pm		
			Indoor Cycling Brooke 5:30-6:15pm	Indoor Cycling Brady 5:30-6:15pm		

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

FREE SPRINT 8 CHALLENGE COMING JANUARY 22ND



SPRINT

MAXIMUM RESULTS MINIMUM TIME



Myzone monitors* are available FREE for members for the duration of the challenge. **limited quantity**

Register online or at Member Services for more information.



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New Classes

Yoga Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sculpt Yoga Deneen 6:00-6:45am		
	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		
Yoga Rotating 9:30-10:30am	Yoga Carolyn 9:30-10:30am	Yoga Mike 9:30-10:30am	Yoga Karen 9:30-10:30am	Yoga Rebecca 9:30-10:30am	Yoga Carolyn 9:30-10:30am	
		Sculpt Yoga Mike 12:10-12:50pm				
	Sculpt Yoga Mike 5:30-6:30pm	Yoga Karen 5:30-6:30pm	Gentle Yoga Rebecca 5:00-6:00pm	Yoga Rebecca 5:30-6:30pm		

Pool - Water Aerobics						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Water Carylann 8:00-8:45am		Shallow Water Carylann 8:00-8:45am		Shallow Water Carylann 8:00-8:45am	Aqua Motion Shauna 8:00-8:45am
	Deep Water Shauna 8:00-8:45am	Deep Water Rhonda 8:00-8:45am	Deep Water Rhonda 8:00-8:45am	Deep Water Shauna 8:00-8:45am	Deep Water Shauna 8:00-8:45am	
		Aqua Motion Shauna 5:10-5:55pm		Aqua Motion Shauna 5:10-5:55pm		



- Monday** 4:15-6:45 pm
- Tuesday** 8:15 - 10:45 am
4:15 - 6:45 pm
- Wednesday** 4:15 - 6:45 am
- Thursday** 8:15 - 10:45 am
4:15 - 6:45 pm
- Saturday** 7:45 - 11:30 am

Child Watch is a drop-in daycare service available for YMCA Members. A Family Membership is required, and the child must be part of the family unit.

Learn more at www.ymca-cv.org/childwatch