



Chippewa Falls YMCA August 26th - October 31st

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

New Classes

Cardio Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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			
*Starts September 10th	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					
	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		
Pool - Water Aerobics						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Water Connie 7:25-8:10am		Shallow Water Carylann 7:25-8:10am		Shallow Water Carylann 7:25-8:10am	Aqua Motion Shauna 8:00-8:45am
	Deep Water Shauna 8:15-9:00am	Deep Water Shauna 8:15-9:00am	Deep Water Connie 8:15-9:00am	Deep Water Rhonda 8:15-9:00am	Deep Water Rhonda 8:15-9:00am	
		Aqua Motion Shauna 5:10-5:55pm		Aqua Motion Shauna 5:10-5:55pm		
PLEASE TURN OVER -						

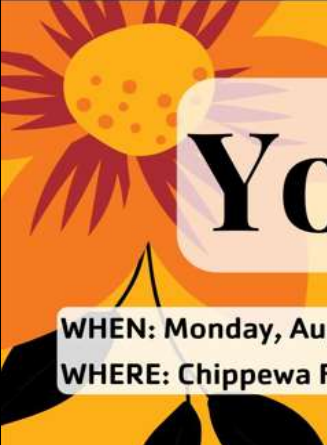


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Yoga Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sculpt Yoga Deneen 5:45-6:30am		
	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	Chair Yoga Carolyn 7:30-8:15am	
		Sit & Fit Carolyn 8:30-9:15am		Sit & Fit Carolyn 8:30-9:15am		
	Vinyasa Flow Carolyn 9:30-10:30am	Core Flow Yoga Mike 9:30-10:30am	Core Flow Yoga Karen 9:30-10:30am	Vinyasa Flow Jenna 9:30-10:30am	Vinyasa Flow Carolyn 9:30-10:30am	
		Sculpt Yoga Mike 12:10-12:50pm				
	Sculpt Yoga Mike 5:30-6:30pm	Core Flow Yoga Karen 5:30-6:30pm	Restorative & Yin Yoga Jenna 5:30-6:30pm	Power Flow & Tone Jenna 5:30-6:30pm		



Yoga Day

WHEN: Monday, August 28 at 11 AM during the Monday Market
WHERE: Chippewa Falls YMCA Yoga Studio with Karen

Free to the community!



MONDAY MARKET AT THE Y

SHOP HERE. EAT FRESH! CHIPPEWA FALLS YMCA

Mondays, June 12th - Sept. 25th: 8 AM - 1 PM
(no market on July 3rd or Sept. 4th)
 Tokens may be purchased with QUEST/EBT, credit, and debit cards.
\$1 QUEST/EBT purchase = \$2 tokens (up to \$10/week)
 Cash, WIC & Senior Farmers Market Nutrition Program checks also accepted.



Learn more at www.ymca-cv.org