



Chippewa Falls YMCA

611 Jefferson Ave, Chippewa Falls, WI 54729
www.ymca-cv.org Phone: 715-723-2201

Summer 2020

Group Exercise Studio Schedule					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Chair Yoga Carolyn 7:30-8:15am		Chair Yoga Carolyn 7:30-8:15am	
	Zumba Emily P. 8:30-9:15am	Sit & Fit Carolyn 8:30-9:15am	Zumba Katie B. 8:30-9:15am	Sit & Fit Carolyn 8:30-9:15am	
	Variety Mix Carolyn 9:30-10:15am		Variety Mix Carolyn 9:30-10:15am		Variety Mix Carolyn 8:30-9:15am
		H.I.I.T. Carrie 12:10-12:50pm	Strength Jill 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	Fitness Conditioning Vicki/Allison 4:30-5:15pm	
Virtual Studio Schedule					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Yoga Emily 9:00-9:45am	Variety Mix Carolyn 9:30-10:15am	Yoga Emily 9:00-9:45am	Variety Mix Carolyn 9:30-10:15am	Yoga Emily 9:00-9:45am	Variety Mix Carolyn 8:30-9:15am
Outdoor Schedule					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga Carolyn 7:00-8:00am		Yoga Carolyn 7:00-8:00am		Yoga Carolyn 7:00-8:00am
Water Aerobics Schedule					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Shallow Water Carylann 8:00-8:45am		Shallow Water Carylann 8:00-8:45am		Shallow Water or Aqua Zumba Carylann/Katie B. 8:00-8:45am

Classes with 2 or less member reservations 2 hours prior to class time will be cancelled

New classes begin on Monday, June 29th.

No classes on Friday, July 3rd.

Check out our specialty fitness class offerings available this summer!



WAVE FIT

**SUMMER
BOOT CAMP**

Group Fitness Class Descriptions

Aqua Zumba

Have fun and let loose! Combining classic water aerobics with Zumba's Latin flare, this class uses water resistance for a total body workout. Great for those new to dance! Limit: 11 participants to maintain social distancing protocols.

Chair Yoga

Perform postures and breathing exercises with the aid of a chair to experience the many benefits of yoga. Limit: 15 participants to maintain social distancing protocols.

Core Conditioning

Focuses on strengthening your abdominal, oblique and lower back muscles to promote your body's center of strength and balance. Limit: 15 participants to maintain social distancing protocols.

Fitness Conditioning

High intensity interval training and strength conditioning using a variety of equipment and formats. Advanced level class, but modifications will be shown. Limit: 15 participants to maintain social distancing protocols.

H.I.I.T.

High Intensity Interval Training. A variety of cardio, weighted and unweighted exercises while you burn fat & increase your metabolism. Limit: 15 participants to maintain social distancing protocols.

Outdoor Yoga

Join us at the outdoor field area to start your day awakening the body and calming the mind. Please bring your own equipment-a towel/blanket, yoga mat, blocks, straps, and bolster. Dress in layers.

Sit & Fit

A gentle chair-based aerobic and strength training class for anyone who would like to include a low-intensity, low-impact workout in their fitness plans. Limit: 15 participants to maintain social distancing protocols.

Strength

A challenging and effective all over body workout utilizing a variety of equipment to increase personal strength. Limit: 15 participants to maintain social distancing protocols.

Strength & Stability

Strength class with an emphasis on core and balance to engage stabilizing muscles and to promote proper posture and alignment. Limit: 15 participants to maintain social distancing protocols.

Variety Mix - Offered both in-person and virtually

Low and/or high impact cardio along with strength training using various equipment and various formats. Class format determined by the instructor. In-Person Limit: 15 participants to maintain social distancing protocols.

Virtual Yoga

Take time to shed the distractions and enjoy a reconnection with your body and senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening.

Shallow Water

A great way to start your day! This class offers a variety of cardio, strength building and mobility focused exercises. Great workout for any fitness level. Limit: 10 participants to maintain social distancing protocols.

Zumba - Offered both in-person and virtually

Perfect for everyone; we take the "work" out of workout by mixing low intensity moves for an interval-style, calorie burning fitness dance party. Limit: 12 participants to maintain social distancing protocols.

Reserve your spot online at

www.ymca-cv.org

Group Fitness Participant Guidelines

Participants must be 12 years old to attend group fitness classes.

Proper footwear is required. No sandals or open-toe shoes.

Please arrive early to class so you're prepared to start on time.

Please sanitize equipment before returning it to the proper location.

For Indoor Classes:

The number of individuals who can participate in class is limited. Spots will need to be reserved at www.ymca-cv.org.

Members will be required to wipe down the equipment they use before and after class with gym wipes. Staff will disinfect.

For Outdoor Classes:

Outdoor classes will not be limited, but participants must adhere to social distancing requirements.

Class will be canceled if there is rain or lightening 30 minutes prior to class start time.

Member Access Guidelines:

Members must maintain a minimum of 6 - 8 feet social distance at all times.

All employees must wear face masks. Members are required to wear masks in public areas. They may be removed during exercise.

General Guidelines:

If you have been notified of your exposure to COVID-19, we thank you for not using the Y until 14 days after your exposure.

If you or a person you've been in close contact with are showing symptoms of fever, cough, shortness of breath, difficulty breathing, or are not feeling well, please refrain from using the Y until symptom free for 3 days.

If you or a person you've been in close contact with are awaiting results of a COVID-19 test, we thank you for not using the Y until a negative test is reported.