



Eau Claire YMCA

700 Graham Ave. Eau Claire, WI 54701
www.ymca-cv.org Phone: 715-836-8460

Summer 2020

IN-PERSON GROUP EXERCISE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cycling Cycling Room Traci 6:00-6:45 AM		Cycling Cycling Room Traci 6:00-6:45 AM		
	Boot Camp Nelson Gym Kristi 6:00-6:45 AM				
	Everybody's Kickboxing Nelson Gym Sherri 9:00-9:45 AM	Cardio Fusion Nelson Gym Cathie 9:00-9:45 AM	Everybody's Kickboxing Nelson Gym Sherri 9:00-9:45 AM	Cardio Fusion Nelson Gym Cathie 9:00-9:45 AM	
	Chair Yoga Nelson Gym Missy 10:30-11:15 AM	PiYo Nelson Gym Cathie 9:45-10:15 AM	Sit & Fit Nelson Gym Cathie 10:30-11:15 AM	PiYo Nelson Gym Cathie 9:45-10:15 AM	
	HIIT Nelson Gym Nik 12:15-1:00 PM		HIIT Nelson Gym Kristi 12:15-1:00 PM		
	ZUMBA Nelson Gym Cindy 5:30-6:15 PM	Yoga Nelson Gym Emily 5:30-6:15 PM		Yoga Nelson Gym Emily 5:30-6:15 PM	

VIRTUAL STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chair Yoga Carolyn 7:30-8:15 AM		Chair Yoga Carolyn 7:30-8:15 AM	
		Sit & Fit Carolyn 8:30-9:15 AM		Sit & Fit Carolyn 8:30-9:15 AM	Variety Mix Carolyn 8:30-9:15 AM
Yoga Emily 9:45-10:30 AM	Variety Mix Carolyn 9:30-10:15 AM	Yoga Emily 9:45-10:30 AM	Variety Mix Carolyn 9:30-10:15 AM	Yoga Emily 9:45-10:30 AM	

WILSON PARK (ACROSS FROM YMCA) SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			ZUMBA Wilson Park Cindy 5:00-5:45 PM		
			ZUMBA Toning Wilson Park Jen 5:45-6:30 PM		

LARGE POOL - WATER EXERCISE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Aqua ZUMBA Katie 7:00-7:45 AM			
	Hydro Aerobics Ron 8:00-8:45 AM			Hydro Aerobics Ron 8:00-8:45 AM	Hydro Aerobics Ron 8:00-8:45 AM
	Joint Efforts Deb 9:00-9:45 AM		Joint Efforts Rotating 9:00-9:45 AM		Joint Efforts Bobbi 9:00-9:45 AM