



Eau Claire YMCA

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

FALL 2020

Sept 14-Dec 31

IN-PERSON GROUP EXERCISE CLASSES - NELSON GYM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Boot Camp Kristi 5:45-6:45 AM	Strength Training Kristi 5:45-6:45 AM		Strength Training Kristi 5:45-6:45 AM	
		Yoga Sandy 7:00-7:45 AM			
	Everybody's Kickboxing Sherri 9:00-9:45 AM	Cardio Fusion Cathie 9:00-9:45 AM	Everybody's Kickboxing Sherri 9:00-9:45 AM	Cardio Fusion Cathie 9:00-9:45 AM	
	Chair Yoga Missy 10:30-11:15 AM	PiYo Cathie 9:45-10:30 AM	Sit & Fit Cathie 10:30-11:15 AM	PiYo Cathie 9:45-10:30 AM	Yoga Ellie 10:00-10:45 AM
	HIIT Nik 12:15-12:55 PM		HIIT Kristi 12:15-12:55 PM		
		Yoga Emily 5:30-6:15 PM	Yoga Sandy 5:30-6:15 PM	Yoga Emily 5:00-5:45 PM	

INDOOR CYCLING ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cycling Traci 6:00-6:45 AM		Cycling Traci 6:00-6:45 AM		
				Cycling Emily 7:00-7:45 AM	

VIRTUAL STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chair Yoga Carolyn 7:30-8:15 AM	Yoga Carolyn 8:00-9:00 AM	Chair Yoga Carolyn 7:30-8:15 AM	Yoga Carolyn 8:00-9:00 AM
		Sit & Fit Carolyn 8:30-9:15 AM		Sit & Fit Carolyn 8:30-9:15 AM	
Yoga Emily 9:45-10:45 AM	Variety Mix Carolyn 9:30-10:15 AM	Yoga Emily 9:45-10:45 AM	Variety Mix Carolyn 9:30-10:15 AM	Yoga Emily 9:45-10:45 AM	Variety Mix Carolyn 9:30-10:15 AM

WILSON PARK (ACROSS FROM YMCA) SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			ZUMBA Cindy 5:00-5:45 PM		
	ZUMBA Cindy 5:30-6:15 PM		ZUMBA Toning 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 Emily 8:00-8:45 AM	Hydro Aerobics Ron 8:00-8:45 AM		Hydro Aerobics Kim 8:00-8:45 AM
	Joint Efforts Deb 9:00-9:45 AM		Joint Efforts Deb 9:00-9:45 AM		Joint Efforts Deb 9:00-9:45 AM