



Chippewa Falls YMCA

September 8th - October 31st, 2020

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

Virtual and In-Person Classes	Outdoor Classes	New Classes
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Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Fitness Dennis 6:30-7:15am	Strength Becky 5:30-6:15am		Boot Camp Darla 5:30-6:15am	H.I.I.T./Strength Kara 5:30-6:15am	
	Zumba Emily P. 8:30-9:15am	Basic Fitness Allison 8:30-9:15am	Zumba* Katie B. 8:30-9:15am	Basic Fitness Jen 8:30-9:15am		
	Variety Mix* Carolyn 9:30-10:15am		Variety Mix* Carolyn 9:30-10:15am		Variety Mix* Carolyn 9:30-10:15am	
	Outdoor Cycling James/Jill 12:10-12:50pm	H.I.I.T./Strength Carrie 12:10-12:50pm	Strength Jill 12:10-12:50pm	Outdoor Cycling Kate 12:10-12:50pm	Strength Jill 12:10-12:50pm	
	Outdoor Cycling Brady 4:30-5:15pm		Outdoor Cycling Brady 4:30-5:15pm			
	Strength & Stability Dennis 4:30-5:15pm	Fitness Conditioning Vicki 4:30-5:15pm	Core Conditioning Vicki 4:30-5:15pm	Fitness Conditioning Allison 4:30-5:15pm		

Yoga Studio Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chair Yoga* Carolyn 7:30-8:15am		Chair Yoga* Carolyn 7:30-8:15am		
	Yoga* Carolyn 8:00-9:00am	Sit & Fit* Carolyn 8:30-9:15am	Yoga* Carolyn 8:00-9:00am	Sit & Fit* Carolyn 8:30-9:15am	Yoga* Carolyn 8:00-9:00am	
Yoga* Emily 9:45-10:30am		Yoga* Emily 9:45-10:30am		Yoga* Emily 9:45-10:30am		
	Kids MOVE! Kacy 4:30-5:15pm		Kids Zumba Lori 4:30-5:15pm	Kids Zumba Lori 4:30-5:15pm		
	Sculpt Yoga Mike 5:30-6:30pm					

Water Aerobics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Water Carylann 8:00-8:45am	Deep Water Rhonda 8:15-9:00am	Shallow Water Carylann 8:00-8:45am	Deep Water Debbie 8:15-9:00am	Shallow Water Carylann 8:00-8:45am	Aqua Motion Shauna 8:00-8:45am
		Aqua Motion Shauna 6:00-6:45pm		Aqua Motion Shauna 6:00-6:45pm		

Reserve your spot in class today at www.ymca-cv.org or by using our Daxko app!

Group Fitness Class Descriptions

Aqua Motion

A shallow to mid-depth class using water resistance to work all muscle groups, increase cardiovascular endurance & improve flexibility. Swimming is not required but floating is a component.

Basic Fitness

A softer form of your favorite exercises that is a less jarring method of burning fat and enhancing the cardiovascular system. This class mixes strength and cardio for a well balanced workout.

Boot Camp

High intensity workout including plyometrics, strength training, cardio, etc. This is a more advanced level class, but modifications will be shown.

Chair Yoga*

Perform postures and breathing exercises with the aid of a chair to experience the many benefits of yoga.

Core Conditioning

Focuses on strengthening your abdominal, oblique and lower back muscles to promote your body's center of strength and balance.

Deep Water

A full body workout, this class combines cardio, muscle conditioning and low gravity to provide a no-impact workout to start the day. While float belts are provided, comfort in deep water is necessary.

Early Bird Fitness

This class is designed to enhance all aspects of fitness without choreography. Class meets on the indoor track.

Fitness Conditioning

High intensity interval training and strength conditioning using a variety of equipment and formats. Advanced level class, but modifications will be shown.

H.I.I.T.

High Intensity Interval Training. A variety of cardio, weighted and unweighted exercises while you burn fat & increase your metabolism.

Kids MOVE!

A weekly class designed for children 4-11 years old filled with games and activities designed to keep them healthy and strong!

Outdoor Cycling

This class is a cardiovascular workout performed to music on a stationary bike. It is simple, fun, and easy to learn. This class is for everyone; all ages and fitness levels.

Sculpt Yoga

Focus on strengthening the core and supportive muscles and challenging balance through flexibility to help reduce injury and hasten recovery from workouts.

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.

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.

Strength

A challenging and effective all over body workout utilizing a variety of equipment to increase personal strength.

Strength & Stability

Strength class with an emphasis on core and balance to engage stabilizing muscles and to promote proper posture and alignment.

Variety Mix*

Low and/or high impact cardio along with strength training using various equipment and formats. Class format determined by the instructor.

Yoga*

Shed distractions and enjoy a reconnection with your body and senses. Explore the essentials of breathing, posture, and lengthening.

Zumba

Perfect for everyone; we take the "work" out of workout by mixing low intensity moves for an interval-style, calorie burning fitness dance party.

Zumba Kids

Features kid-friendly routines based on original Zumba moves. We break down the steps, add games and activities to give ages 4-11 a chance to be active and jam out to their favorite music.

Group Fitness Participant Guidelines

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

Classes have limited spots available. Please sign up online.

No late entry is permitted into any class that is streaming live (virtual).

Members are required to clean equipment before and after use.

Outdoor Cycling is held in the parking lot. Please meet your instructor outside the hallway of the Yoga Studio to grab your bike.

Virtual classes will be available to members using the *Members Only - YMCA of the Chippewa Valley* Facebook group.

Reserve your spot in class today at www.ymca-cv.org or by using our Daxko app!

The Y has more to offer!

Check www.ymca-cv.org/specialty-fitness or see our flyer rack for more information.

10,000 Steps a Day Challenge - Begins Sept. 13th

Intro to Essential Oils Coupled with Yoga - Begins Oct. 1st

R.I.O.T. Running Club - Begins Oct. 5th