



Eau Claire YMCA Group Fitness

www.ymca-cv.org

Phone: 715-836-8460

FALL 2020

Oct 16- Dec 31

REMINDER— A spot must be reserved for all in-person group exercise classes at <http://www.ymca-cv.org>

- * Scroll down to Group Ex PRO and select Make a Reservation.
- * On the next page, click on Make Your Reservation Now.
- * Select your day/location at the top of the next screen.
- * Scroll down to select the class you wish to participate in.
- * Click the link that says Sign Up on the right side of the screen.
- * Login (if it's the first time you're making a reservation, you will need to create a new login).
- * After logging in, select reserve a spot.
- * A confirmation e-mail will be sent.

IN-PERSON GROUP EXERCISE CLASSES - NELSON GYM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boot Camp Kristi 5:45-6:45 AM	Strength Training Kristi 5:45-6:45 AM		Strength Training Kristi 5:45-6:45 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 Emily P 12:15-12:55 PM			
	ZUMBA Cindy 5:30-6:15 PM	Yoga Emily D 5:30-6:15 PM	ZUMBA Cindy 5:00-5:45 PM	Yoga Emily D 5:00-5:45 PM		
			ZUMBA Toning Jen 5:45-6:30 PM			



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IN-PERSON INDOOR CYCLING CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycling Traci 6:00-6:45 AM		Cycling Traci 6:00-6:45 AM			
		Cycling Michelle 5:30-6:15 PM		Cycling Traci 5:30-6:15 PM		

IN-PERSON LARGE POOL - WATER EXERCISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hydro Aerobics Ron 8:00-8:45 AM	Aqua ZUMBA Katie 8:00-8:45 AM	Hydro Aerobics Ron 8:00-8:45 AM		Hydro Aerobics Kimberly 8:00-8:45 AM	Aqua ZUMBA Katie 8:00-8:45 AM
	Joint Efforts Alt. Deb/Bobbi 9:00-9:45 AM		Joint Efforts Alt. Deb/Bobbi 9:00-9:45 AM		Joint Efforts Alt. Deb/Bobbi 9:00-9:45 AM	
	Hydro Aerobics Kimberly 7:00-7:45 PM					

VIRTUAL STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga Carolyn 8:00-9:00 AM	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	Zumba Katie B 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	