



YMCA of the Chippewa Valley

November 23rd - December 4th

www.ymca-cv.org

Facebook Virtual Exercise Schedule

These classes are available live and available for later viewing.

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	Basic Fitness Jen R. 8:30-9:15am	Yoga Carolyn 8:00-9:00am	Core Blast Allison 8:30-9:15am
Yoga Emily D. 9:45-10:45am	Variety Mix Carolyn 9:30-10:15am	Power Yoga Emily D. 9:45-10:45am	Variety Mix Carolyn 9:30-10:15am	Core Yoga Emily D. 9:45-10:45am	Variety Mix Carolyn 9:30-10:15am	
				Sit & Fit Carolyn 11:00-11:45am		
		Fit. Conditioning Vicki 4:30-5:15pm	Core Conditioning Vicki 4:30-5:15pm	Strength Allison 4:30-5:15pm		
	Sculpt Yoga Mike 5:30-6:30pm				Power Core Vicki 5:00-5:45pm	
	Restorative Yoga Emily D. 8:00-8:45pm					

Zoom Virtual Exercise Schedule

These classes are only available live and are not recorded for later viewing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Zumba Emily P. 8:30-9:15am			Zumba Toning Cindy 8:00-8:45am
Zumba Cindy 4:00-4:45pm	Zumba Cindy 5:30-6:15pm	Strong Emily P. 5:30-6:15pm	Zumba/Toning Jen S. 5:30-6:15pm	Zumba Cindy 5:30-6:15pm	Zumba Cindy 5:30-6:15pm	

The YMCA of the Chippewa Valley will be CLOSED on Thanksgiving Day, Thursday, November 26th and no classes will be held.

On Friday, November 27th there will be two classes offered:

Friday, November 27th		STRONG Emily P. 8:30-9:15am		Zumba Emily P. 9:30-10:15am		
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