



Chippewa Falls YMCA

January 4th - March 31st

www.ymca-cv.org

Phone: 715-723-2201

Virtual and In-Person Classes

New Classes


Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Fitness Dennis 6:30-7:15am	Strength Becky 5:30-6:15am	Indoor Cycling Katie S. 5:30-6:10am	Boot Camp* Darla 5:30-6:15am	Cycling/Strength Kara 5:30-6:15am	
	Zumba Emily P. 8:30-9:15am	Zumba Emily P. 8:30-9:15am		Basic Fitness Jen R. 8:30-9:15am		
	Variety Mix Carolyn 9:30-10:15am		Variety Mix Carolyn 9:30-10:15am		Strength/Core Carolyn 9:30-10:15am	
Cycling/Strength Les 11:00-11:45am	Indoor Cycling Kate 12:10-12:50pm	H.I.I.T. Carrie 12:10-12:50pm	Strength James 12:10-12:50pm	Indoor Cycling James 12:10-12:50pm	Strength James 12:10-12:50pm	
	Strength & Stability Dennis 4:30-5:15pm	Fitness Conditioning Vicki 4:30-5:15pm	Core Conditioning Vicki 4:30-5:15pm	Indoor Cycling Brady 4:30-5:15pm		
			Indoor Cycling Les 5:30-6:15pm			*Boot Camp is located in the Gym

Yoga Studio Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chair Yoga Carolyn 7:30-8:15am		Chair Yoga Carolyn 7:30-8:15am		
		Sit & Fit Carolyn 8:30-9:15am		Sit & Fit Carolyn 8:30-9:15am		
Yoga Emily 9:45-10:45am		Yoga Emily 9:45-10:45am		Yoga Emily 9:45-10:45am		
	Sculpt Yoga Mike 5:30-6:30pm	Yoga Karen 5:30-6:15pm				

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		

Virtual ONLY Schedule

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

Reserve your spot in virtual classes at www.ymca-cv.org or by using our Daxko app. The link to join VIRTUAL classes will be in your confirmation email.