



Eau Claire YMCA Group Fitness

Summer
2021

www.ymca-cv.org

Phone: 715-836-8460

GROUP EXERCISE CLASSES - GROUP EX STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIIT Ksenia 6:30-7:15 AM		HIIT Ksenia 6:30-7:15 AM		Just Pump Julie 6:00-6:50AM	
	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	Cardio Blast & Sculpt Missy 9:00-9:40AM	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	Cardio Blast & Sculpt Missy 9:00-9:40AM	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	ZUMBA Toning Cindy 9:00-9:45 AM
	Chair Yoga Ellie 10:30-11:15 AM	PIYO Cathie or Pam 9:45-10:30 AM	Sit & Fit Missy 10:30-11:15 AM	PIYO Cathie or Pam 9:45-10:30 AM		
	HIIT Nik 12:15-12:55 PM			HIIT Nik 12:15-12:55 PM		
	ZUMBA Cindy 5:30-6:15 PM	Yoga Emily D 5:30-6:15 PM	ZUMBA Jen 5:30-6:15 PM	Dance Fitness Marissa 6:00-6:45 PM starting July 8		

INDOOR CYCLING CLASSES - INDOOR CYCLING STUDIO

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

WATER EXERCISE CLASSES - LARGE POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hydro Aerobics Ron 8:00-8:55AM	Aqua ZUMBA Katie 8:00-8:45 AM	Hydro Aerobics Ron 8:00-8:55 AM		Hydro Aerobics Kimberly 8:00-8:55 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					