



# Chippewa Falls YMCA


June 27 - August 31

www.ymca-cv.org

Phone: 715-723-2201

Live Stream and In-Person Classes

New Classes

Group Exercise Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Strength</b> Becky 5:30-6:15am	<b>Indoor Cycling</b> Kara/Mike 5:30-6:10am	<b>Boot Camp**</b> Darla 5:30-6:15am	<b>Cycling/Strength</b> Kara 5:30-6:15am	**This class will return on 7/29
	<b>Early Bird Fitness</b> Dennis 6:15-7:00am		<b>Early Bird Fitness</b> Jill/Kara 6:15-7:00am		<b>Early Bird VB Gym</b> 6:15-7:00am	
	<b>Variety Mix</b> Carolyn 8:30-9:15am	<b>Basic Fitness</b> Jean 8:30-9:15am	<b>Variety Mix</b> Carolyn 8:30-9:15am	<b>Basic Fitness</b> Jen R. 8:30-9:15am	<b>Strength/Core</b> Carolyn 8:30-9:15am	
	<b>Zumba</b> Tara 9:30-10:15am		<b>Zumba</b> Tara 9:30-10:15am		<b>Zumba</b> Brenda 9:30-10:15am	<b>Zumba</b> Rotating 9:00-9:45am
	<b>Indoor Cycling</b> Kate 12:10-12:50pm	<b>Outdoor Boot Camp</b> Jessica 12:10-12:50pm	<b>Strength</b> Jill 12:10-12:50pm	<b>Indoor Cycling</b> James 12:10-12:50pm	<b>Strength</b> Jill 12:10-12:50pm	
	<b>Strength &amp; Stability</b> Dennis 4:30-5:15pm	<b>Fitness Conditioning</b> Vicki 4:30-5:15pm	<b>Core Conditioning</b> Vicki 4:30-5:15pm	<b>Zumba</b> Lauren 4:30-5:15pm		
		<b>Indoor Cycling</b> Brooke 5:30-6:15pm				
Yoga Studio Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Chair Yoga</b> Carolyn 7:30-8:15am		<b>Chair Yoga</b> Carolyn 7:30-8:15am		
		<b>Sit &amp; Fit</b> Carolyn 8:30-9:15am		<b>Sit &amp; Fit</b> Carolyn 8:30-9:15am		
<b>Yoga</b> Emily 9:30-10:30am	<b>Yoga</b> Carolyn 9:30-10:30am	<b>Yoga</b> Emily 9:30-10:30am	<b>Yoga</b> Karen 9:30-10:30am		<b>Yoga</b> Carolyn 9:30-10:30am	
				<b>Yoga</b> Mike 12:10-12:50pm		
	<b>Sculpt Yoga</b> Deneen 5:30-6:30pm	<b>Yoga</b> Karen 5:30-6:30pm		<b>NEW Yoga classes begin the week of July 5th</b>		
Water Aerobics Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Shallow Water</b> Carylann 8:00-8:45am		<b>Shallow Water</b> Carylann 8:00-8:45am		<b>Shallow Water</b> Carylann 8:00-8:45am	<b>Aqua Motion</b> Shauna 8:00-8:45am
	<b>Deep Water</b> Shauna 8:00-8:45am	<b>Deep Water</b> Rhonda 8:00-8:45am	<b>Deep Water</b> Theresa 8:00-8:45am	<b>Deep Water</b> Debbie 8:00-8:45am	<b>Deep Water</b> Rhonda 8:00-8:45am	
	<b>Aqua Motion</b> Shauna 5:15-6:00pm		<b>Aqua Motion</b> Shauna 5:15-6:00pm			
Schedule is subject to change. Please see our online schedule for the most current class schedule.						
Land and water classes will not be held on Saturday, July 3rd. The Chippewa Falls YMCA will be closed on Sunday, July 4th.						