



Chippewa Falls YMCA

October 2nd - December 31

www.ymca-cv.org

Phone: 715-723-2201

New Classes

Group Exercise Studio B (Cycling Studio)

Group Exercise Studio B (Cycling Studio)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Indoor Cycling Brooke 5:30-6:10am		Indoor Cycling Kara/Mike 5:30-6:10am		Cycling/Strength Kara 5:30-6:15am	
Spin, Strength, Soul Brooke 7:30-8:15am	Variety Mix Carolyn 8:30-9:15am	Basic Fitness Jean 8:30-9:15am	Variety Mix Carolyn 8:30-9:15am	Basic Fitness Jen R. 8:30-9:15am		SPRINT 8 Jessica 10:00-10:20am
	Indoor Cycling Kate 12:10-12:50pm	SPRINT 8 Carrie 11:40-12:00pm	SPRINT 8 Carrie 11:40-12:00pm	Indoor Cycling James 12:10-12:50pm	SPRINT 8 Carrie 11:40-12:00pm	
		Indoor Cycling Brooke 5:30-6:15pm	Indoor Cycling Brady 5:30-6:15pm			

Group Exercise Studio A (Old Yoga Studio)

Group Exercise Studio A (Old Yoga Studio)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Fitness Dennis 6:15-7:00am	Strength Becky 5:30-6:15am	Early Bird Fitness Jill/Mike 6:15-7:00am	Boot Camp Darla 5:30-6:15am	Early Bird VB Gym 6:15-7:00am	
		Chair Yoga Carolyn 7:30-8:15am	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	Strength/Core Carolyn 8:30-9:15am	H.I.I.T. & Tone Jessica 9:00-9:45am
Zumba Kids Brenda 9:30-10:15am	Zumba Tara 9:30-10:15am		Zumba Tara 9:30-10:15am			
		Boot Camp Jessica 12:10-12:50pm	Strength Jill 12:10-12:50pm		Strength Jill 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	Zumba Kids Brenda 4:30-5:15pm		
		Zumba Tara 5:30-6:15pm				

Schedule is subject to change. Please see our online schedule for the most current class schedule.

Updated 9/27/21

PLEASE TURN OVER

Important information including yoga and water aerobics schedule on back side.



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New Classes

Yoga Studio (Old Racquetball Court #2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Sculpt Yoga Deneen 6:00-6:45am	
Yoga Emily 9:30-10:30am	Yoga Carolyn 9:30-10:30am	Yoga Emily 9:30-10:30am	Yoga Karen 9:30-10:30am		Yoga Carolyn 9:30-10:30am	
				Yoga Mike 12:10-12:50pm		
	Sculpt Yoga Mike 5:30-6:30pm	Yoga Karen 5:30-6:30pm				

Water Aerobics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Water Carylann 8:00-8:45am		Shallow Water Carylann 8:00-8:45am		Shallow Water Carylann 8:00-8:45am	Aqua Motion Shauna 8:00-8:45am
	Deep Water Shauna 8:00-8:45am	Deep Water Rhonda 8:00-8:45am	Deep Water Theresa 8:00-8:45am	Deep Water Debbie 8:00-8:45am	Deep Water Rhonda 8:00-8:45am	
		Aqua Motion Shauna 5:15-6:00pm		Aqua Motion Shauna 5:15-6:00pm		

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Updated 9/27/21

Group Exercise Participants:

What an exciting time to be a member of the Y! You will notice a lot of changes happening in the Healthy Living department over the next few weeks. Here are some highlights:

NEW YOGA STUDIO! This studio is located in what was previously racquetball court #2. While this studio is smaller, it should better reflect the nature of your yoga practice by creating a quiet and serene space dedicated solely to you.

Almost all **strength-based group exercise classes** are moving into the **studio near the pool**. This studio has a closet, built in storage and a larger space to practice higher intensity activities, thus creating a safer environment that allows for more square footage per participant. Updates will continue in this space periodically to allow for a better member experience.

The **studio near the weight room** is transitioning to a **cycling studio**. While this will take some time, we are working to create a cycling experience utilizing untapped technology on our bikes, combined with heart rate monitors, stat projection and eventually virtual rides in a group setting. Some strength classes will remain in this room so please read the schedule carefully.

The goal is to create a better and safer experience for all of our members. While this will be different, different doesn't have to be bad. Remember - change is hard at first, messy in the middle and gorgeous in the end - Robin Sharma.

If you have any questions or feedback, please do not hesitate to reach out - cmathwig@ymca-cv.org or 715.723.2201.

Thank you,

Carrie Mathwig
Healthy Living Director
Chippewa Falls YMCA