

Christmas Break Week 1

YMCA OF THE NORTHWOODS: Starting December 22nd - December 28th

Bring a friend to try out classes this week!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM AEROBICS	CYCLING Lisa Intensity Level: 3 55 MIN	CYCLING Lisa Intensity Level: 3 55 MIN	Christmas Eve! YMCA closed	Merry Christmas! YMCA closed		
7:30 AM AEROBICS		STRETCHING Marilyn Intensity Level: 2 40 MIN				
7:40 AM AEROBICS	CLUB MOVES Katie L Intensity Level: 3 55 MIN				POWER BEATS Katie S Intensity Level: 2 45 MIN	
8:00 AM POOL	WATER EX Carol Intensity Level: 2 55 MIN					
8:30 AM AEROBICS						YOGA Jane Intensity Level: 2 55 MIN
8:45 AM AEROBICS	STEP STENGTH Sue T Intensity Level: 4 55 MIN	STRENGTH Amy S Intensity Level: 3 55 MIN			HIIT Ellyse Intensity Level: 4 55 MIN	
9:00 AM POOL	WATER EX Carol Intensity Level: 2 55 MIN					
9:30 AM AEROBICS						MEDLEY PARTY Katie S Blend of Power Beats, Club Moves, & Mobility Intensity Level: 2 90 MIN
10:00 AM AEROBICS	ForeverWell CLASSIC Sandy Intensity Level: 1 55 MIN	ForeverWell CLASSIC Marilyn Intensity Level: 1 55 MIN				
10:00 AM POOL	S'WET Val Intensity Level: 3 55 MIN	S'WET Val Intensity Level: 3 55 MIN				
11:00 AM POOL		GENTLE WATER Karen Intensity Level: 1 55 MIN				
11:00 AM AEROBICS						
12:00 PM AEROBICS		YOGILATES Jane Intensity Level: 2 55 MIN				
5:30 PM AEROBICS	STRENGTH Lisa Intensity Level: 3 55 MIN	POWER BEATS Val Intensity Level: 3 55 MIN				UPDATED: 12/14/2025

All group classes can be modified to be more or less challenging, and instructors give many modification options.

FIND THE RIGHT CLASS FOR YOU!

New to group classes, or just getting back into workout? No worries we have classes designed just for you. Our intensity levels are a great place to start when looking for a class that is right for you. If you are still unsure of what class is right for you please reach out to Breanne Lindner and she can help you pick a class and connect you with the instructor. blindner@ymcanw.org

Intensity Levels:

1: Low intensity and impact, basic moves

3: Moderate to high intensity, some compound moves

2: Moderate intensity and impact, basic moves in combination

4: High intensity, compound moves

Sign-In Required for all classes.

Attendance is tracked via sign-in sheets. Sign-in to every class to help track class enrollment. The Y reserves the right to cancel a class due to low participation. Cancellations or updates can be viewed on the Y website or Y Facebook page.

THIS SCHEDULE IS SUBJECT TO CHANGE!

Christmas Break Week 2

YMCA OF THE NORTHWOODS: Starting December 29th - January 4th

Bring a friend to try out classes this week!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM AEROBICS		STRETCHING Jane Intensity Level: 2 40 MIN		YMCA open 10am-2pm		
7:40 AM AEROBICS	CLUB MOVES Katie L Intensity Level: 3 55 MIN		CLUB MOVES Katie L Intensity Level: 3 55 MIN		POWER BEATS Katie S Intensity Level: 2 45 MIN	
8:00 AM POOL	WATER EX Carol Intensity Level: 2 55 MIN		WATER EX Marilyn Intensity Level: 2 55 MIN			
8:30 AM AEROBICS						YOGA Jane Intensity Level: 2 55 MIN
8:45 AM AEROBICS	BOSU STRENGTH Susan Intensity Level: 3 55 MIN	STRENGTH Amy S Intensity Level: 3 55 MIN	HIIT CORE Sue T Intensity Level: 3 55 MIN		HIIT Bre Intensity Level: 4 55 MIN	
9:00 AM POOL	WATER EX Carol Intensity Level: 2 55 MIN		WATER EX Marilyn Intensity Level: 2 55 MIN			CYCLING Tim Intensity Level: 4 55 MIN
9:45 AM AEROBICS						
10:00 AM AEROBICS	ForeverWell CLASSIC Sandy Intensity Level: 1 55 MIN	ForeverWell CLASSIC Sandy Intensity Level: 1 55 MIN			LINE DANCING Katy Intensity Level: 2 55 MIN	
10:00 AM POOL	S'WET Val Intensity Level: 3 55 MIN	S'WET Val Intensity Level: 3 55 MIN				
10:15 AM AEROBICS					STRENGTH Bre Intensity Level: 4 55 MIN	
11:00 AM POOL		GENTLE WATER Karen Intensity Level: 1 55 MIN				
11:00 AM AEROBICS			LINE DANCING Katy Intensity Level: 2 55 MIN			
12:00 PM AEROBICS		YOGILATES Jane Intensity Level: 2 55 MIN				
3:30 PM AEROBICS						SUNDAY Jan 4th YOGA Lauren Intensity Level: 2 55 MIN
5:00 PM POOL			New Year's Eve! YMCA open 6am-6pm	New Year's Day!		
5:00 PM AEROBICS						
5:30 PM AEROBICS		POWER BEATS Val Intensity Level: 3 55 MIN				

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2: Moderate intensity and impact, basic moves in combination

4: High intensity, compound moves

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