

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			
7:30 AM AEROBICS		STRETCHING Marilyn Intensity Level: 2 40 MIN			
7:40 AM AEROBICS	CLUB MOVES Katie L Intensity Level: 3 55 MIN				
8:00 AM POOL	WATER EX Carol Intensity Level: 2 55 MIN				
8:30 AM AEROBICS					
8:45 AM AEROBICS	STEP STRENGTH Sue T Intensity Level: 4 55 MIN	STRENGTH Amy S Intensity Level: 3 55 MIN			
9:00 AM POOL	WATER EX Carol Intensity Level: 2 55 MIN				
9:30 AM AEROBICS					
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			

Christmas Eve! YMCA closed

Merry Christmas! YMCA closed

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			
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		YOGA Jane Intensity Level: 2 55 MIN
8:30 AM AEROBICS					
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	CYCLING Tim 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		
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		STRENGTH Bre Intensity Level: 4 55 MIN	
10:15 AM AEROBICS					
11:00 AM POOL		GENTLE WATER Karen Intensity Level: 1 55 MIN			
11:00 AM AEROBICS			LINE DANCING Katy Intensity Level: 2 55 MIN		SUNDAY Jan 4th
12:00 PM AEROBICS		YOGILATES Jane Intensity Level: 2 55 MIN			YOGA Lauren Intensity Level: 2 55 MIN
3:30 PM AEROBICS					
5:00 PM POOL					
5:00 PM AEROBICS					
5:30 PM AEROBICS		POWER BEATS Val Intensity Level: 3 55 MIN			

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3: Moderate to high intensity, some compound moves

2: Moderate intensity and impact, basic moves in combination

4: High intensity, compound moves

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YMCA open
10am-2pm

New Year's
Day!

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12/14/2025