

GROUP FITNESS SCHEDULE

YMCA OF THE NORTHWOODS: Starting January 5th

FIT PASS FEE: Members \$12 Monthly Autodraft Nonmember \$75 Monthly Autodraft



Any class on this schedule may be attended with the purchase of a FIT Pass. No other registration is necessary. Class pricing is for the session.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM AEROBICS	CYCLING Sue K Intensity Level: 3 55 MIN		CYCLING Sue K Intensity Level: 3 55 MIN		CYCLING Lisa Intensity Level: 3 55 MIN	
6:00 AM AEROBICS		HIIT Lisa Intensity Level: 3 55 MIN				
7:20 AM Wellnes St		HIIT Bre Intensity Level: 3 55 MIN				
7:20 AM EAST GYM				HIIT Sue T Intensity Level: 3 55 MIN		
7:30 AM AEROBICS		STRETCHING Marilyn Intensity Level: 2 40 MIN		STRETCHING Jane Intensity Level: 2 55 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		AQUA BEATS Sandy Intensity Level: 2 55 MIN	
8:30 AM AEROBICS						YOGA Jane Intensity Level: 2 55 MIN
8:45 AM AEROBICS	INTERVAL CARDIO STRENGTH Susan Intensity Level: 3 55 MIN	STRENGTH Amy S Intensity Level: 3 55 MIN	CORE & MORE Katie Y Intensity Level: 3 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		WATER EX Marilyn Intensity Level: 2 55 MIN			
9:45 AM AEROBICS						CYCLING Tim/Suzanne Intensity Level: 4/2 55 MIN
10:00 AM AEROBICS	CHAIR YOGA Sandy Intensity Level: 1 55 MIN	ForeverWell CLASSIC Marilyn Intensity Level: 1 55 MIN	LIVEWELL STRENGTH Melissa Intensity Level: 1 55 MIN	ForeverWell CLASSIC Marilyn 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				
11:00 AM POOL		GENTLE WATER Karen Intensity Level: 1 55 MIN		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				
12:15 PM AEROBICS			Stronger Together Ellyse Intensity Level: 4 55 MIN			
1:15 PM AEROBICS		Balance Class John Intensity Level: 2 75 MIN Roster Class Jan 13 - Feb 19		Balance Class John Intensity Level: 2 75 MIN Roster Class Jan 13 - Feb 19		
3:30 PM AEROBICS						
5:00 PM POOL			WATER EX Carol Intensity Level: 2 55 MIN			
5:00 PM AEROBICS			TRX April Intensity Level: 2 30 MIN			
5:30 PM AEROBICS	STRENGTH Lisa Intensity Level: 3 55 MIN	ZUMBA Val Intensity Level: 2 55 MIN	ABS Amy J Intensity Level: 2 30 MIN	POWER BEATS Val Intensity Level: 2 55 MIN		

SUNDAY

YOGA | Lauren
Intensity Level: 2 55 MIN
ONLY Jan 11th, Feb 1st,
Mar 1st, May 3rd, Jun 7th

UPDATED:
1/1/2026

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? 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 at blindner@ymcanw.org and she can help you pick a class.

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 |

DROP-IN FEE:

\$6 Members | \$15 Nonmembers

Drop-In Fee applies to only one class per day.

Classes are not refundable.

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!

GROUP FITNESS SCHEDULE-CLASS DESCRIPTIONS

STRENGTH CLASSES

LIVWELL STRENGTH

A fun & total body workout for seniors & anyone new to exercise. This class incorporates easy movement patterns to improve daily living skills through better balance, strength, flexibility & agility. Hand-held weights, resistance bands, & a ball are offered for resistance & a chair is used for seated and/or standing support. Strength training is the only type of exercise that can maintain muscle & metabolism as we age.

STRENGTH

This low cardio, high strength class combines traditional strengthening exercises with HIIT interval timing to give your muscles a great workout. This class focuses on form and different tempos to help build strength during your workout.

STRONGER TOGETHER

Ready to get stronger? Stronger Together is the perfect way to build muscle and increase your endurance using barbells and weights. In each class, you'll work all your major muscle groups by doing classic strength training exercises like squats, presses, and rows set to upbeat, motivating music. Classes will be guided through each move, ensuring proper form and providing modifications so that all can work at their own pace. Whether you're a seasoned lifter or just starting out, this class is a great way to boost your metabolism, tone your body, and have fun while you're at it. Let's get strong!

ABS

This class focuses on the foundation of our bodies. A strong core will help in all other aspects of exercise and functional living. This class will focus on strengthening not only the abs but the lower back and glutes to give you a stronger more functional core. Combine this class with TRX for a full 55 minute workout.

TRX TOTAL BODY

TRX uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout. The best thing is that all fitness levels can join in because you're in control of how much you want to challenge yourself on each exercise. Simply adjust your body position to add or decrease resistance. Combine this class with Abs to for a full 55 minute workout.

STRENGTH INTERVALS

This time-based interval class mixes a variety of strength exercises together to give you a fun workout, tailored to everyone's intensity level. The class incorporates a variety of equipment including weights, step, ball, bosus, bands, and participants body weight, making it an ideal class for participants of all fitness levels. Participants can expect 70-80% strength and 20-30% cardio during the class.

TOTAL BODY SENIOR

Enhance your cardiovascular and muscular endurance with a standing circuit workout. This session alternates between upper-body strength exercises using hand-held weights, elastic tubing with handles, and a ball, and low-impact aerobic choreography. A chair is provided for support, along with full-body stretching and relaxation in a comfortable position.

FLEXIBILITY CLASSES

STRETCHING

This class is designed to increase flexibility for sports, activities and daily living. This stretching class is for both men and women.

CARDIO DANCE CLASSES

CLUB MOVES

Club Moves features today's top dance hits and funky upbeat moves. We will practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person **wanting to have fun and "get down" with exercise.**

ZUMBA® FITNESS

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a **"fitness party" that is downright addictive. Fun and** challenging for any fitness level!

LINE DANCING

Introductory Line Dancing - It's not just Country! Participants will learn a variety of steps, terminology and patterns that are used by instructors from coast to coast. You will then progress to a variety of entry level choreography to music you may know and love. The dances learned will be an enjoyable treat for both the body and the brain.

CARDIO & STRENGTH CLASSES

HIIT

If you're bored of your current cardio and weight regime then it's time for HIIT. Using a variety of equipment and your own body weight, you will be pushed to the limit. This class will focus on short bursts of intense training. Remember all classes can be modified to your personal needs and goals.

Foreverwell CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support.

INTERVAL CARDIO STRENGTH

This time-based interval class mixes a variety of strength and cardio exercises together to give you a fun workout, tailored to everyone's intensity level. The class incorporates a variety of equipment including weights, step, ball, bosus, bands, and participants body weight, making it an ideal class for participants of all fitness levels. Participants can expect 70-80% strength and 20-30% cardio during the class.

CORE & MORE

This class focuses on abs, glutes, legs, and lower back using a variety of equipment and body resistance. A challenging variety of abdominal and core exercises will tone and strengthen your midsection while gluteal focused moves work your backside.

CARDIO CLASSES

CYCLING

A heart-pounding, low-impact workout. All fitness levels welcome! Speed, endurance and overall fitness will be **improved. Instructors will lead class through various "team" activities and "relay races" to keep you engaged and**

POWER BEATS & CORE BEATS

Come join us for a heart-pounding, stress reducing, hour of pure drumming fun. Power beats utilizes drumming to get you moving and grooving, and will make you forget you are working out! If you need a bit of energy added to your workout this is the class for you. Core Beats focuses more on the core area.

FREE Wellness Series

Mindful Movements Series

This series is free group fitness classes, for members only, designed for anyone, emphasizing posture, balance, flexibility, and strength. The class is suitable for all fitness levels. It provides a welcoming environment where participants can enjoy a variety of exercises that enhance coordination, boost mental well-being, and encourage social interaction, all without needing prior experience.

YOGA

YOGA

This class gives you the opportunity to explore ways to create increased flexibility, strength and peace. The goals of the class are to recognize postures and exercises that safely work for you. Each class includes gentle warm-ups, flowing movements, static holds, and ends with a period of rest. Yoga is for everyone! All fitness levels are welcome.

CHAIR YOGA

Chair Yoga is a gentle chair based class designed for all abilities. Using mindful stretches, slow, flowing movements, and breath awareness. The class supports mobility, balance, circulation, and relaxation. Movements are adaptable and practiced at an individual pace, making this class ideal for beginners, seniors, or anyone seeking a calm, supportive way to improve overall well-being.

YOGILATES

Yogilates blends yoga and Pilates for a workout that improves flexibility, strength, and core stability. The class combines flowing yoga poses with Pilates exercises to enhance posture, balance, and overall body awareness. Suitable for all levels, it promotes relaxation while building strength and endurance.

AQUA CLASSES

WATER EXERCISE

Exercise your entire body without straining your back or joints. This class improves cardiovascular fitness, muscular strength, endurance, and flexibility.

GENTLE WATER EXERCISE

Gentle Water Exercise is designed for those who have Arthritis, **Fibromyalgia, Parkinson's Disease, serious back problems** and other conditions. Gentle water walking and range of motion exercises are done in comfortable, shallow water to help alleviate pain and extend range of motion.

POWER H2O

Power H2O provides a high-intensity workout that includes a combination of shallow and deep-water exercises to increase strength and endurance for the entire body. A variety of equipment is used.

AQUA BEATS

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Beats uses music to drive the feel of the class while still using traditional water exercise moves. There is less impact on your joints during an Aqua Beats class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

S'WET

This high-intensity, low-impact class is designed to help you reach your fitness goals! Exercises are performed in both shallow and deep water, but no swimming skills are needed to participate. Regardless of your age or fitness level, you can achieve noticeable results through workouts that incorporate cardio, strength and resistance training exercises. You can push the boundaries or move at your own pace in this challenging aqua training class.

Phone: 715-362-9622 | www.ymcaofthenorthwoods.org

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