

GROUP FITNESS SCHEDULE

YMCA OF THE NORTHWOODS

FIT PASS FEE - Attend unlimited classes: Members: \$12/mo (Auto-draft) Non-Members: \$75/mo

DROP IN FEE - Attend a single class: Members: \$6/class Non-Members: \$15/class

JUNE 8- JULY 18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7:40-8:35 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3</p> <p>8:30-9:20 AM (50m) WATER EX Carol Pool-Intensity Level 2</p> <p>8:45-9:40 AM (55m) INTERVAL CARDIO STRENGTH Susan Studio-Intensity Level 3</p> <p>9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4</p> <p>10:00-10:50 AM (50m) BEGINNER TAI CHI Debbie Studio-Intensity Level 1</p> <p>4:15-5:00 PM (45m) YOUTH ACTIVE DANCE Marcella Studio-Intensity Level 2</p> <p>5:30-6:25 PM (55m) STRENGTH Lisa Studio-Intensity Level 3</p> <hr/> <p>YMCA POOL</p> <p>AEROBIC STUDIO</p> <p>YMCA GYM</p> <p>NEW TO SCHEDULE</p>	<p>7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3</p> <p>7:30-8:15 AM (45m) STRETCH & CORE Becky Brandon Gym-Intensity Level 2</p> <p>8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3</p> <p>10:00-10:50 AM (50m) FOREVER WELL CLASSIC Becky/Brandon Studio-Intensity Level 1</p> <p>9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4</p> <p>11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1</p> <p>11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3</p> <p>5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2</p>	<p>7:30-8:20 AM (50m) WATER EX Becky / Brandon Pool-Intensity Level 2</p> <p>7:40-8:30 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3</p> <p>8:30-9:20 AM (50m) WATER EX Becky/Brandon Pool-Intensity Level 2</p> <p>8:45-9:40 AM (55m) CORE & MORE Varies Studio-Intensity Level 3</p> <p>10:00-10:55 AM (55m) TAI CHI FOR BALANCE & MINDFUL MOVEMENT Sandy Studio-Intensity Level 1</p> <p>11:00-11:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2</p> <p>12:15-1:10 PM (55m) STRONGER TOGETHER Tanya Studio-Intensity Level 4</p> <p>3:30-4:25 PM (55m) PILATES Lisa B Studio-Intensity Level 3</p> <p>5:00-5:55 PM (55m) WATER EX Carol Pool-Intensity Level 2</p> <p>5:00-5:30 PM (30m) TRX April Studio-Intensity Level 2</p> <p>5:30-6:00 PM (30m) ABS Amy J Studio-Intensity Level 2</p>	<p>7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3</p> <p>7:30-8:15 AM (45m) STRETCH & CORE Brandon Gym-Intensity Level 2</p> <p>8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3</p> <p>10:00-10:50 AM (50m) FOREVER WELL CLASSIC Brandon Studio-Intensity Level 1</p> <p>11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1</p> <p>11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3</p> <p>5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2</p>	<p>6:00-6:45 AM (45m) CYCLING Lisa Studio-Intensity Level 2</p> <p>7:30-8:20 AM (50m) AQUA BEATS Sandy Pool-Intensity Level 2</p> <p>7:40-8:25 AM (45m) POWER BEATS Katie S Studio-Intensity Level 3</p> <p>8:45-9:40 AM (55m) POWER PLAY Katie S Studio-Intensity Level 4</p> <p>10:00-10:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2</p> <p>11:00-11:55 AM (55m) BEGINNER LINE DANCING Katy Studio-Intensity Level 2</p> <hr/> <p><i>THIS SCHEDULE IS SUBJECT TO CHANGE.</i></p> <p>UPDATED: 5/27/2026</p>

FIND THE RIGHT CLASS FOR YOU! Intensity Levels:		All group classes can be modified to be more or less challenging. Instructors often give modification options.	
1. Low intensity & impact; basic moves		3. Moderate to high intensity & impact; some compound moves	
2. Moderate to high intensity; basic moves in combination		4. High intensity; compound moves	

If you are still unsure which class is right for you, please call 715-362-9622 or email to either:
 Brandon Lamping (ext.113) Healthy Living Director or Becky Zelent (ext.118) ForeverWell Coordinator
blamping@ymcanw.org bzelent@ymcanw.org

