



Flambeau River YMCA

GROUP FITNESS CLASSES

JUNE 2026

MONDAY

8:15-9:10 AM	HIIT FUSION	SCOTT	3
5:00-5:55 PM	GENTLE YOGA	KRISTINE	1-2
6:05-7:00 PM	YIN YOGA	KRISTINE	2

THURSDAY

10:00-10:55 AM	EverFIT	NANCY	1
5:20-5:50 PM	SPIN LITE	SARAH	2-3
6:00-6:55 PM	SPIN	CATIE	4

TUESDAY

8:30-9:25 AM	Forever-FIT CIRCUIT	NANCY	2-3
10:00-10:55 AM	Ever-FIT	NANCY	1
5:00-5:55 PM	SPIN	CATIE	4

FRIDAY

10:00-10:45 AM	CHAIR YOGA	KRISTINE	1
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WEDNESDAY

8:15-9:10 AM	HIIT FUSION	SCOTT	3
5:30-6:25 PM	FLOW YOGA	KRISTA	2

SATURDAY

11:00-11:50 AM	ZUMBA Toning [®]	ANGELINA	2-3
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All classes are FREE with membership!

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

CONTACT:

YMCA Welcome Center

715-650-9622

CLASS DESCRIPTIONS

CARDIO + STRENGTH

HIIT FUSION

HIIT Fusion is an exhilarating, full-body workout designed to torch calories, build strength, and boost endurance in a dynamic 55-minute session. This high-energy class blends High Intensity Interval Training (HIIT) with targeted strength training for a balanced, results-driven fitness experience. Perfect for all fitness levels, this class combines short bursts of intense cardio intervals with functional strength exercises to maximize fat burn, improve cardiovascular health, and sculpt lean muscle.

HIIT KICK-FIT

Unleash your inner warrior with HIIT Kick-Fit! A high intensity, bodyweight only workout that combines the explosive power of kickboxing with heart pumping cardio. This dynamic class delivers a full body burn through rapid fire punches, kicks and combinations, all designed to boost strength, agility and endurance. No equipment needed, just bring your energy and determination! Perfect for all fitness levels, our certified instructor will guide you through each high octane session, pushing you to maximize your potential while keeping the vibe fun and fierce. Get ready to sweat, strike, and sculpt in this ultimate calorie torching experience!

SPIN LITE

This class is a shorter, lower-intensity ride designed to ease you into indoor cycling. In just about 30 minutes, you'll get comfortable with bike setup, basic technique, and simple, doable drills. Our supportive instructor will lead you through light climbs, gentle intervals, and smooth rides set to motivating music. It's a fun, judgment-free space that helps you build confidence, boost energy, and get a great workout without the pressure.

SPIN

Ready to ride? Join our high-energy indoor cycling class designed to torch calories, build endurance, and boost your mood. Whether you're a seasoned cyclist or just hopping on the saddle for the first time, our expert instructor will guide you through climbs, sprints, and interval drills set to motivating music in a supportive, judgment-free environment. You'll leave sweaty, smiling, and stronger than ever.

CARDIO DANCE

ZUMBA®

Get ready to dance, sweat, and smile! This high-energy Latin-inspired dance fitness class combines cardio, muscle conditioning, and rhythm for a total body workout. Designed for all fitness levels, this class keeps you moving to fun, upbeat music while torching calories and boosting endurance.

ZUMBA TONING®

Love to dance but want to add a little extra strength work? This moderate-intensity class blends the fun of Zumba with light resistance training to help tone and sculpt your muscles. Perfect for those who want to party while defining their muscles!

ZUMBA STEP®

Zumba Step blends easy-to-follow dance moves with step aerobics for a fun, upbeat workout. You'll boost your cardio, strengthen your legs, and enjoy energizing music in every class.

FOREVERWELL CLASSES

EVER-FIT

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.

FOREVER-FIT CIRCUIT

This time-based interval class renews your strength and challenges our active older adults by using a variety of equipment and your own body weight, together to give you a fun workout that is tailored to everyone's intensity level. A chair is provided for support at many of the stations.

YOGA

GENTLE YOGA

This class is a less intense, slower practice that emphasizes stretching, meditation, pranayama, and relaxation. Gentle yoga is intended to be easier on the body, non-strenuous, quiet, meditative, and restorative.

FLOW YOGA

Experience the fluidity of movement and breath in this class. Designed for all levels, this session will guide you through a dynamic sequence of poses that seamlessly transition from one to the next, creating a rhythmic and meditative flow.

You'll build strength, flexibility, and balance while cultivating mindfulness and deep breath awareness. Whether you're looking to invigorate your body, calm your mind, or refine your practice, this class offers the perfect blend of challenge and relaxation.

YIN YOGA

Find balance and relaxation in this restorative yoga class. Through long-held, gentle poses, you'll target deep connective tissues, enhancing flexibility and releasing tension. Yin yoga encourages mindfulness and inner stillness, helping you cultivate a sense of peace while improving mobility.

This class is perfect for all levels, whether you're seeking stress relief, deep relaxation, or a complement to more active practices.

YOUTH CLASSES

Children's Yoga

Stretch, breathe, and move in this playful yoga class designed just for kids! This class combines easy-to-follow yoga poses, fun movement games, and calming mindfulness activities to help kids build strength, flexibility, focus, and confidence.