

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

JULY 20- AUGUST 29



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:40-8:35 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3 7:30-8:20 AM (50m) WATER EX Carol Pool-Intensity Level 2 8:30-9:20 AM (50m) WATER EX Carol Pool-Intensity Level 2 8:45-9:40 AM (55m) INTERVAL CARDIO STRENGTH Susan Studio-Intensity Level 3 9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4 10:00-10:50 AM (50m) BEGINNER TAI CHI Debbie Studio-Intensity Level 1 4:15-5:00 PM (45m) YOUTH ACTIVE DANCE Marcella Studio-Intensity Level 2 5:30-6:25 PM (55m) STRENGTH Lisa Studio-Intensity Level 3 YMCA POOL AEROBIC STUDIO YMCA GYM NEW TO SCHEDULE ROSTER ONLY CLASS- not included in fitpass	7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3 7:30-8:15 AM (45m) STRETCH & CORE Becky Brandon Gym-Intensity Level 2 8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3 10:00-10:50 AM (50m) FOREVER WELL CLASSIC Becky/Brandon Studio-Intensity Level 1 9:30-10:20 AM (50m) S'WET Val Pool-Intensity Level 4 11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1 11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3 1:15-2:15 PM (60m) BALANCE John Studio-Intensity Level 2 August 11- September 17 ONLY 5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2	7:30-8:20 AM (50m) WATER EX Becky / Brandon Pool-Intensity Level 2 7:40-8:30 AM (55m) CLUB MOVES Katie L Studio-Intensity Level 3 8:30-9:20 AM (50m) WATER EX Becky/Brandon Pool-Intensity Level 2 8:45-9:40 AM (55m) CORE & MORE Varies Studio-Intensity Level 3 10:00-10:55 AM (55m) TAI CHI FOR BALANCE & MINDFUL MOVEMENT Sandy Studio-Intensity Level 1 11:00-11:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2 12:15-1:10 PM (55m) STRONGER TOGETHER Tanya Studio-Intensity Level 4 3:30-4:25 PM (55m) PILATES Lisa B Studio-Intensity Level 3 5:00-5:55 PM (55m) WATER EX Carol Pool-Intensity Level 2 5:00-5:30 PM (30m) TRX April Studio-Intensity Level 2 5:30-6:00 PM (30m) ABS Amy J Studio-Intensity Level 2	7:30-8:25 AM (55m) BODIES IN MOTION Sue T Studio-Intensity Level 3 7:30-8:15 AM (45m) STRETCH & CORE Brandon Gym-Intensity Level 2 8:45-9:40 AM (55m) STRENGTH Amy S Studio-Intensity Level 3 10:00-10:50 AM (50m) FOREVER WELL CLASSIC Brandon Studio-Intensity Level 1 11:00-11:50 AM (50m) GENTLE WATER Karen Pool-Intensity Level 1 11:00-11:55 AM (55m) PILATES Lisa B Studio-Intensity Level 3 1:15-2:15 PM (60m) BALANCE John Studio-Intensity Level 2 August 11- September 17 ONLY 5:30-6:25 PM (55m) ZUMBA Ely Studio-Intensity Level 2	6:00-6:45 AM (45m) CYCLING Lisa Studio-Intensity Level 2 7:30-8:20 AM (50m) AQUA BEATS Sandy Pool-Intensity Level 2 7:40-8:25 AM (45m) POWER BEATS Katie S Studio-Intensity Level 3 8:45-9:40 AM (55m) POWER PLAY Katie S Studio-Intensity Level 4 10:00-10:55 AM (55m) LINE DANCING Katy Studio-Intensity Level 2 THIS SCHEDULE IS SUBJECT TO CHANGE. UPDATED: 07/20/2026

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

