Flambeau River YMCA

# GROUP FITNESS CLASSES

## November 2026

### MONDAY

| | | | |
|---|---|---|---|
| 8:15-9:10 AM | HIIT FUSION (Yin and Gentle yoga is on pause) | AMBER | 3 |

### TUESDAY

| | | | |
|---|---|---|---|
| 10:00-10:55 AM | Ever-FIT | NANCY | 1 |
| 5:15-5:45 PM | SPIN LITE | CATIE | 2-3 |
| 6:00-7:00 PM | SPIN | CATIE | 4 |

### WEDNESDAY

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

### THURSDAY

| | | | |
|---|---|---|---|
| 8:30-9:25 AM | Forever-FIT CIRCUIT | AMBER | 2-3 |
| 10:00-10:55 AM | EverFIT | NANCY | 1 |
| 4:45-5:45 PM | HIIT FUSION | SARAH | 3-4 |
| 6:00-6:55 PM | SPIN | SARAH | 4 |

### FRIDAY

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

### SATURDAY

| | | | |
|---|---|---|---|
| 11:00-11:50 AM | ZUMBA Toning® | ANGELINA | 2-3 |

**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