



STURGEON BAY PROGRAM CENTER LAND FITNESS, MIND & BODY SCHEDULE

April 24th through June 18th

* Schedules are subject to change based on class enrollment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am - 6:00am Cycle MPR A ●	5:15am-6:00am Flex Power MRP A/B ●	5:15am-5:45am Tabata Training MPR A ●	5:15am-6:00am Flex Power MPR A/B ●	5:15am-5:45am Cycle MPR A ●	8:00am-9:00am RIP MPR A ●
6:00am - 6:50am Fit For Life Gym A/B	6:10am-6:40am Cycle Express MPR A ●	6:00am - 6:50am Fit For Life Gym A/B	8:15am-9:00am Cardio & More Gym A/B ●	6:00am-6:50am Fit For Life Gym A/B	
6:30am - 7:30am Fit For Life Gym C	8:15am-9:15am RIP MPR A ●	6:30am - 7:30am Fit For Life Gym C	8:15am-9:30am Cycle • Pedal & Pump MPR A ●	6:30am-6:50am Fit For Life Gym C	
7:50am - 8:25am Senior Strength Gymnastics Center ●	8:15am-9:30am Cycle • Pedal & Pump MPR B ●	8:00am-8:40am Silver Sneakers Classic Gym C	8:50am-9:25am Senior Strength Gymnastics Center ●	6:50am - 7:30am Fit For Life Gym C	
8:00am-8:40am Silver Sneakers Classic Gym C	8:15am-9:30am Yoga- Swathsya Board Room ●	8:15am-9:00am Pilates MPR A ●	9:30am-10:30am Controlled Impact Aerobics Gym A/B	7:50am-8:25am Senior Strength Gymnastics Center ●	
8:30am-9:30am Step MPR A/B	8:50am-9:25am Senior Strength Gymnastics Center ●	8:30am-9:30am Healthy Choice Gym A/B	9:45am-10:45am Yoga 1.5 MPR B ●	8:30am-9:30am Step / Cardio Circuit MPR A/B	
8:30am-9:30am Healthy Choice Gym A/B	9:00am-9:40am Silver Sneakers Classic Gym C	9:15am-10:15am Chair Yoga Board Room ●	10:30am-11:30am Land Arthritis MPR A	8:30am-9:30am Healthy Choice Gym A/B	
8:30am-9:45am Yoga 1 & 2 Board Room ●	9:30am-10:30am Controlled Impact Aerobics Gym A/B	9:45am-10:45am Kettlebell Power Gym A/B ●	4:45pm-5:20pm CardioMix MPR A/B ●	9:00am-9:40am Silver Sneakers Classic Gym C	
9:45am - 10:30am Yoga 1 MPR A ●	5:00pm to 5:45pm Pilates Board Room ●	5:15pm-6:15pm Fit For Life Gym A/B	5:30pm-6:30pm Yoga 1 & 2 Board Room ●	9:45 am - 10:45 am RIP MPR A ●	
9:45am-10:45am Kettlebell Power Gym A/B ●	5:30pm-6:15pm Zumba MPR A ●	5:15pm-6:15pm RIP MPR A/B ●		5:15pm-6:15pm Fit For Life Gym A/B	
5:15pm-6:15pm Fit For Life Gym A/B	5:30pm-6:30pm Yoga-Vinyasa Lansing Ave Center ●				
5:45pm-6:30pm INSANITY Lansing Ave Center ●	5:45pm-6:30pm Kettlebell Power Gym A/B ●				
	5:45pm-6:35pm Tai Chi Movement MPR B ●				
	6:40 pm - 7:00 pm Tai Chi Movement MPR B ●				

Drop-In Class Key

● \$3.00 Drop In Fee
● \$5.00 Drop In Fee

All other classes are FREE.

General Public Pays:
Drop-in Fee + Daily fee

No Classes on : Monday, May 29th

YMCA fitness classes are open to adults and students age 13 and older.
Check online or with the Welcome Center for schedule changes and class cancellations.