



STURGEON BAY PROGRAM CENTER LAND FITNESS, MIND & BODY SCHEDULE

June 19th through August 27th

* Schedules are subject to change based on class enrollment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am – 5:45am 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 Express 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 ●	9:00am-10:00am Controlled Impact Aerobics Gym A/B	7:50am-8:25am Senior Strength Gymnastics Center ●	
8:30am-9:30am Step/Cardio/ Circuit Step MPR A/B	8:50am-9:25am Senior Strength Gymnastics Center ●	8:30am-9:30am Healthy Choice Gym A/B	10:30am-11:30am Land Arthritis MPR A	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-10:30am Yoga 1 & 2 MPR A/B ●	5:30pm-6:30pm Yoga 1 & 2 Board Room	8:30am-9:30am Healthy Choice Gym A/B	
9:45am – 10:45am Yoga 1 MPR A ●	9:00am-10:00am Controlled Impact Aerobics Gym A/B	9:45am-10:45am Kettlebell Power Gym A/B ●	5:30pm-6:30pm Ultimate Fit Outside	9:45am-10:45am Kettlebell Power Gym A/B ●	
5:15pm-6:15pm Fit For Life Gym A/B	10:30am – 11:30am Land Arthritis MPR A	5:15pm-6:15pm Fit For Life Gym A/B		9:00am-9:40am Silver Sneakers Classic Gym C	
	5:30pm-6:15pm Zumba MPR A ●	5:30pm-6:15pm RIP MPR A/B ●		9:45 am – 10:45 am RIP MPR A ●	
	5:45pm-6:30pm Kettlebell Power Gym A/B ●			5:15pm-6:15pm Fit For Life Gym A/B	
	6:00 pm – 6:50 pm Tai Chi Movement MPR B ●				
				<p>Drop-In Class Key</p> <p>● \$3.00 Drop In Fee</p> <p>● \$5.00 Drop In Fee</p> <p>All other classes are FREE.</p> <p>General Public Pays: Drop-in Fee + Daily fee</p>	

No Classes on : Tuesday, July 4th – Independence Day

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.