



STURGEON BAY PROGRAM CENTER LAND FITNESS, MIND & BODY SCHEDULE

September 5th through October 29th

* 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 Express 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/Cardio Circuit MPR A/B	8:50am-9:25am Senior Strength Gymnastics Center ●	8:30am-9:30am Healthy Choice Gym A/B	9:30am-10:30am 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-10:30am Yoga 1 & 2 MPR A ●	10:30am-11:30am Land Arthritis MPR A	8:30am-9:30am Healthy Choice Gym A/B	
9:15am – 10:15am Yoga Chair 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 – 10:45am Yoga 1 MPR A ●	5:45pm-6:30pm Kettlebell Power Gym A/B	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 ●	5:45pm-6:35pm Tai Chi Movement MPR B	5:15pm-6:15pm RIP MPR A/B ●	5:30pm-6:30pm Yoga Vinyasa Lansing Ave Center	5:15pm-6:15pm Fit For Life Gym A/B	
5:00pm-5:45pm Pilates Board Room	6:40 pm – 7:00 pm Tai Chi Short Form MPR B	5:15pm-6:00pm Cardio & More Lansing Ave Center		<p align="center">Drop-In Class Key</p> <p align="center">● \$3.00 Drop In Fee ● \$5.00 Drop In Fee All other classes are FREE.</p> <p align="center">General Public Pays: Drop-in Fee + Daily fee</p>	
5:00pm-6:00pm Cycle MPR A ●	6:45pm-7:30pm Cycle MPR A (begins 10/17/17)	5:30pm – 6:15pm Full Body Strength TTX Room			
5:15pm-6:15pm Fit For Life Gym A/B					
5:20pm-5:50pm Dance Jame Express MPR B					
5:45pm-6:30pm INSANITY Lansing Ave Center					
6:00pm – 6:45pm Full Body Strength TTX					

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.