



STURGEON BAY PROGRAM CENTER LAND FITNESS, MIND & BODY SCHEDULE

October 30th through December 23rd

* Schedules are subject to change based on class enrollment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am - 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	8:45am-9:15am Essentrics® MPR B ●	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 ●	8:50am-9:25am Senior Strength Gymnastics Center ●	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 Controlled Impact Aerobics Gym A/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 ●	9:30am-10:30am Yoga 1.5 MPR B ●	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 ●	10:30am-11:30am Land Arthritis MPR A	9:00am-9:40am Silver Sneakers Classic Gym C	
9:45am - 10:45am Yoga 1 MPR A ●	9:45am-10:45am Essentrics® MPR B ●	5:15pm-6:15pm Fit For Life Gym A/B	4:45pm-5:20pm CardioMix MPR A/B ●	9:45 am - 10:45 am RIP MPR A ●	
9:45am-10:45am Kettlebell Power Gym A/B ●	5:30pm - 6:15pm Kettlebell Power Gym A/B ●	5:15pm-6:15pm RIP MPR A/B ●	5:30pm-6:30pm Yoga 1 & 2 Board Room ●	5:15pm-6:15pm Fit For Life Gym A/B	
5:00pm-6:00pm Cycle MPR A ●	5:30pm- 6:30pm Yoga Vinyassa Lansing Ave ●	5:15pm-6:00pm Cardio & More Lansing Ave Center ●	5:30pm-6:30pm Yoga Vinyasa 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>	
5:15pm-6:15pm Fit For Life Gym A/B	5:45pm-6:35pm Tai Chi Movement MPR B ●				
5:20pm-5:50pm Dance Jame Express MPR B ●	6:40 pm - 7:00 pm Tai Chi Short Form MPR B				
5:45pm-6:30pm INSANITY Lansing Ave Center ●	6:45pm-7:30pm Cycle MPR A				
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.