



STURGEON BAY PROGRAM CENTER LAND FITNESS, MIND & BODY SCHEDULE

January 2nd through February 25th

* 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/B ● No Class 1/13/18
6:00am - 6:50am Fit For Life Gym A/B	6:10am-6:40am Cycle 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 MPR A ●	6:30am-6:50am Fit For Life Gym C	
7:50am - 8:25am Senior Strength Gymnastics Center ●	8:15am-9:30am Cycle 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 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 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 Gym A/B ●	4:15pm-5:00pm Tabata Southern Door	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	5:15pm-6:00pm Core & More Southern Door	9:30am-10:30am Yoga 1 & 2 Board	
9:45am-10:45am Kettlebell Gym A/B ●	5:15pm-5:45pm Dance Jam Express MPR A	5:15pm-6:15pm RIP MPR A/B ●	4:45pm-5:20pm Cardio & More MPR A/B ●	9:45 am - 10:45 am RIP MPR A ●	
5:00pm-6:00pm Cycle MPR A ●	5:30pm - 6:15pm Kettlebell Gym A/B ●	5:15pm-6:00pm Cardio & More Lansing Ave Center ●	5:30pm-6:30pm Yoga 1 & 2 Board Room ●	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 Vinyassa Lansing Ave ●		5:30pm-6:30pm Yoga Vinyasa Lansing Ave Center ●	<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>	
5:20pm-5:50pm Dance Jame Express MPR B ●	5:45pm-6:35pm Tai Chi Movement MPR B ●				
5:45pm-6:30pm INSANITY Lansing Ave Center ●	6:40 pm - 7:00 pm Tai Chi Short Form MPR B				
6:00pm - 6:45pm Full Body Strength TTX ●	6:45pm-7:30pm Cycle MPR A				

Gym Alerts:

Saturday, January 13th - Gym A/B , Gym C CLOSED for the DCY Swim Team Home Meet

Saturday, February 24th & 25th - Gym A/B , Gym C and Gymnastics Center CLOSED for Strivers Home Gymnastics Meet

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.