



Flambeau River YMCA

GROUP FITNESS CLASSES

Summer Session 1

MONDAY

8:15-9:10 AM	HIIT FUSION	SCOTT	3
5:00-5:55 PM	GENTLE YOGA	KRISTINE	1
6:00-6:55 PM	YIN YOGA	KRISTINE	2

TUESDAY

8:30-9:25 AM	SENIOR CIRCUIT	NANCY	2-3
10:00-10:55 AM	SENIOR CLASSIC	NANCY	1
4:00-4:45 PM	TOTAL BODY BOOTCAMP	BRYN	4
5:00-5:45 PM	YOGA	LINDA	2
6:00-6:55 PM	CYCLING	CATIE	3

WEDNESDAY

8:15-9:10 AM	BODY BLAST	SCOTT	4
11:30 AM-12:15	TOTAL BODY BOOTCAMP	BRYN	4
4:30-5:25 PM	GENTLE YOGA	KRISTA	1-2
5:45-6:40 PM	VINYASA FLOW YOGA	KRISTA	2

THURSDAY

10:00-10:55 AM	SENIOR CLASSIC	NANCY	1
3:30-4:25 PM	BODY BLAST	SCOTT	4
**5:00-5:45 PM	**SUPERHERO SQUAD (AGES 7-12)	CATIE	2
6:00-6:55 PM	CYCLING	CATIE	3

**this class starts June 26th

FRIDAY

10:00-10:55 AM	CHAIR YOGA	KRISTINE	1
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SATURDAY

10:00-10:50 AM	LINE DANCING	KRISTY	1
11:00-11:50 AM	DANCE FUSION	KRISTY	2

All classes are FREE with membership!

INTENSITY LEVELS

1. Low intensity and impact; basic moves

3. Moderate to high intensity; some compound moves

2. Moderate intensity and impact; basic moves in combination

4. High intensity; compound moves

CONTACT:

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CLASS DESCRIPTIONS

CARDIO + STRENGTH

HIIT FUSION

HIIT Fusion is an exhilarating, full-body workout designed to torch calories, build strength, and boost endurance in a dynamic 55-minute session. This high-energy class blends High Intensity Interval Training (HIIT) with targeted strength training for a balanced, results-driven fitness experience. Perfect for all fitness levels, this class combines short bursts of intense cardio intervals with functional strength exercises to maximize fat burn, improve cardiovascular health, and sculpt lean muscle.

BODY BLAST

Unleash your inner powerhouse with our Body Blast program! This dynamic, high-energy group exercise experience designed to sculpt your body and boost your endurance! This 55-minute class seamlessly blends heart-pumping cardiovascular exercise alongside strength-building movements utilizing the principles of High Intensity Interval Training (HIIT) to deliver a full-body workout that maximizes calorie burn, builds lean muscle, and enhances overall fitness. Perfect for all fitness levels, modifications are offered to ensure everyone can challenge themselves at their own pace. Join our supportive community, bring your enthusiasm, and experience the ultimate fusion of strength & cardio!

TOTAL BODY BOOTCAMP

A high-energy mix of cardio, strength, HIIT, plyo, CrossFit, and hydro training designed to challenge your whole body. Build power, boost endurance, and stay accountable in this results-driven, empowering class. All levels welcome!

CYCLING

Ready to ride? Join our high-energy indoor cycling class designed to torch calories, build endurance, and boost your mood. Whether you're a seasoned cyclist or just hopping on the saddle for the first time, our expert instructor will guide you through climbs, sprints, and interval drills set to motivating music in a supportive, judgment-free environment. You'll leave sweaty, smiling, and stronger than ever.

CARDIO DANCE

LINE DANCING

Participants will learn a variety of steps, terminology and patterns that are used by instructors from coast to coast. We will then progress to a variety of entry level choreography to music you may know and love.

DANCE FUSION

A high-energy, medium-intensity workout that blends the best of dance from around the world! This all-levels class combines styles like hip-hop, salsa, jazz, Bollywood, reggaeton, swing, and more into one dynamic session that keeps your body moving and your heart pumping. Each class delivers a full-body cardio workout while building strength, flexibility, and rhythm – no dance experience required!

SENIOR CLASSES

SENIOR CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SENIOR CIRCUIT

This time-based interval class renews your strength and challenges our active older adults by using a variety of equipment and your own body weight, together to give you a fun workout that is tailored to everyone's intensity level. A chair is provided for support at many of the stations.

YOUTH CLASSES

SUPERHERO SQUAD

Get ready to move, jump, and play in the ultimate workout adventure for kids ages 7-12! This high-energy class is all about making fitness fun, with exciting cardio drills, strength-building exercises, and interactive games designed to keep kids engaged and active.

YOGA

YOGA

This class gives you the opportunity to explore ways to create increased flexibility, strength, and peace. The goals of the class are to recognize postures and exercises that safely work for you. Each class includes gentle warm-ups, flowing movement, static holds, and ends with a period of rest. Yoga is for everyone! All levels of fitness are welcome.

GENTLE YOGA

This class is a less intense, slower practice that emphasizes stretching, meditation, pranayama, and relaxation. Gentle yoga is intended to be easier on the body, non-strenuous, quiet, meditative, and restorative.

VINYASA FLOW YOGA

Experience the fluidity of movement and breath in this energizing Vinyasa Flow class. Designed for all levels, this session will guide you through a dynamic sequence of poses that seamlessly transition from one to the next, creating a rhythmic and meditative flow. You'll build strength, flexibility, and balance while cultivating mindfulness and deep breath awareness. Whether you're looking to invigorate your body, calm your mind, or refine your practice, this class offers the perfect blend of challenge and relaxation.

YIN YOGA

Find balance and relaxation in this restorative yoga class. Through long-held, gentle poses, you'll target deep connective tissues, enhancing flexibility and releasing tension. Yin yoga encourages mindfulness and inner stillness, helping you cultivate a sense of peace while improving mobility. This class is perfect for all levels, whether you're seeking stress relief, deep relaxation, or a complement to more active practices.