



YMCA OF SANDUSKY COUNTY

FITNESS CLASS SCHEDULE

Effective and Updated May 27, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM	BOOT CAMP (5:45) Main Gym Mike, Barb		BOOT CAMP (5:45) Main Gym Mike, Barb		BOOT CAMP (5:45) Main Gym Mike, Barb	
8 AM						
9 AM	TOTAL TONE Small Gym Chanda #AQUA BASICS (9:40) Pool Carol #SS CLASSIC (9:30) Don Miller Sharla	CYCLING Cycling Studio Chanda #CARDIO DRUMS (9:15) Don Miller Video Lead #SPLASH (9:40) Pool Arrayah	TOTAL TONE Small Gym Chanda #AQUA BASICS (9:40) Pool Carol #SS CLASSIC (9:30) Don Miller Sharon	CYCLING Cycling Studio Chanda #CARDIO DRUMS (9:15) Don Miller Video Lead #SPLASH (9:40) Pool Arrayah	TOTAL TONE Small Gym Chanda #AQUA BASICS (9:40) Pool Carol #SS CLASSIC (9:30) Don Miller Kim	
10 AM	#SS CIRCUIT (10:30) Don Miller Sharla #AQUA FIT (10:30) Pool Arrayah	#DEEP END WATER AEROBICS (10:30) Pool Kim #SS YOGA (10:30) Don Miller Suzi	#SS CIRCUIT (10:30) Don Miller Sharla #AQUA FIT (10:30) Pool Arrayah	#DEEP END WATER AEROBICS (10:30) Pool Kim #SS YOGA (10:30) Don Miller Suzi	#CARDIO DANCE (10:30) Don Miller Kathie #AQUA FIT (10:30) Pool Arrayah	
12 PM						
5 PM		BOOT CAMP Main Gym Stephanie KICKBOXING Don Miller Room Bekkah	BARRE FUSION Don Miller Room Angie	BOOT CAMP Main Gym Stephanie		
6 PM	AQUA X Pool Rachel	CARDIO DRUMS Don Miller Room Lisa	AQUA X Pool Rachel TAI CHI FORMS with QI-GONG Don Miller Room Angie	CARDIO DRUMS Don Miller Room Lisa		
7 PM	BALANCED BODY Don Miller Angie	STEP AEROBICS Don Miller Room Cierra	CIRCL MOBILITY WITH RESTORATIVE YOGA Don Miller Room Angie	STEP AEROBICS Don Miller Room Cierra		

Indicates class is designed for Active Older Adults but available to all members



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FITNESS CLASS SCHEDULE

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YMCA At Terra State Community College

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 AM					
10 AM		HATHA YOGA Angie D120		MAT PILATES Angie D120	
5 PM					

Indicates class is designed for Active Older Adults but available to all members

YMCA At Fremont Senior Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	#SS ZUMBA GOLD Angie	#SS CIRCUIT Angie	#SS TAI CHI FOR FALL PREVENTION Angie	#SS CARDIO AND STRENGTH Angie	
9:15 AM					

#Indicates class is designed for Active Older Adults but available to all members

All classes at Terra State Community College and Fremont Senior Center are included in all YMCA memberships.