



# YMCA OF SANDUSKY COUNTY

## FITNESS CLASS SCHEDULE

Effective September 2, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:45 AM</b>	BOOT CAMP Main Gym Mike, Barb		BOOT CAMP Main Gym Mike, Barb		BOOT CAMP Main Gym Mike, Barb  POWER FLOW YOGA Don Miller Sue	
<b>8 AM</b>						BOOT CAMP Main Gym Stephanie
<b>9 AM</b>	TOTAL TONE Small Gym Chanda  #SS CLASSIC (9:30) Don Miller Sharla  #AQUA BASIC (9:40) Pool Carol	CYCLING Cycling Studio Chanda  #CARDIO DRUMS (9:15) Don Miller Jacob  #SILVER SPLASH (9:40) Pool Barb	TOTAL TONE Small Gym Chanda  #SS CLASSIC (9:30) Don Miller Sharon  #AQUA BASIC (9:40) Pool Carol	CYCLING Cycling Studio Chanda  #CARDIO DRUMS (9:15) Don Miller Jacob  #SILVER SPLASH (9:40) Pool Barb	TOTAL TONE Small Gym Chanda  #SS CLASSIC (9:30) Don Miller Kim  #AQUA BASIC (9:40) Pool Debbie	YOGA Martial Arts Stacie /Jennifer
<b>10:30 AM</b>	#SS CIRCUIT Don Miller Sharla  #AQUA FIT Pool Tylan	#DEEP END WATER AEROBICS Pool Kim  #SS YOGA Don Miller Suzi	#SS CIRCUIT Don Miller Sharla  #AQUA FIT Pool Jacob	#DEEP END WATER AEROBICS Pool Kim  #SS YOGA Don Miller Suzi	#CARDIO DANCE Don Miller Kathie  #AQUA FIT Pool Debbie	
<b>12 PM</b>						<b>SUNDAY</b>  OUT OF THIS LEAGUE PICKLEBALL CLASS Main Gym Jim
<b>5 PM</b>	KICKBOXING (5:30) Don Miller Bekkah	BOOT CAMP Main Gym Stephanie	BARRE FUSION Don Miller Angie  CYCLING Cycling Studio Courtney  BODY BOOST (5:30) Small Gym Teri / Steve	BOOT CAMP Main Gym Laura		
<b>6 PM</b>	AQUA X Pool Rachel  LINE DANCING (6:30) Don Miller Cierra	CARDIO DRUMS Don Miller Lisa	AQUA X Pool Rachel  TAI CHI FORMS with QI-GONG Don Miller Angie	CARDIO DRUMS Don Miller Lisa		
<b>7 PM</b>		STEP AEROBICS Don Miller Deanna	CIRCL MOBILITY WITH RESTORATIVE YOGA Don Miller Angie	STEP AEROBICS Don Miller Deanna		

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



# YMCA OF SANDUSKY COUNTY

## FITNESS CLASS SCHEDULE

Effective September 2, 2025

### YMCA At Terra State Community College

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10 AM		HATHA YOGA D120 Angie		MAT PILATES D120 Angie
5:30 PM	YOGA D120 Stacie			
7 PM	BALANCED BODY D120 Angie			

### YMCA At Fremont Senior Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30 AM	#SS ZUMBA GOLD Angie	#SS CIRCUIT Angie	#SS TAI CHI BASIC Angie	#SS CARDIO AND STRENGTH Angie
9:15 AM	Strength, Stamina and Stability over 60 Angie		CHAIR YOGA Angie	

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