



YMCA OF SANDUSKY COUNTY

FITNESS CLASS SCHEDULE

Effective OCTOBER 30, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	BOOT CAMP Main Gym Mike, Barb		BOOT CAMP Main Gym Mike, Barb		BOOT CAMP Main Gym Mike, Barb POWER FLOW YOGA Don Miller Sue	
8 AM						BOOT CAMP Main Gym Stephanie
9 AM	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
10:30 AM	#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	
12 PM						SUNDAY OUT OF THIS LEAGUE PICKLEBALL CLASS Main Gym Jim
5 PM	KICKBOXING (5:30) Don Miller Bekkah	BOOT CAMP Main Gym Stephanie	CYCLING Cycling Studio Courtney BODY BOOST (5:30) Small Gym Teri / Steve	BOOT CAMP Main Gym Laura		
6 PM	AQUA X Pool Rachel LINE DANCING (6:30) Don Miller Cierra	CARDIO DRUMS Don Miller Lisa	AQUA X Pool Rachel	CARDIO DRUMS Don Miller Lisa		
7 PM		STEP AEROBICS Don Miller Deanna		STEP AEROBICS Don Miller Deanna		

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



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YMCA At Terra State Community College

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10 AM		HATHA YOGA D120 Angie		MAT PILATES D120 Angie
5:00 PM			BARRE FUSION D120 Angie	
5:30 PM	YOGA D120 Stacie			
6 PM			TAI CHI FORMS with QI-GONG D120 Angie	
7 PM	BALANCED BODY D120 Angie		CIRCL MOBILITY WITH RESTORATIVE YOGA 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	

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