



# YMCA OF SANDUSKY COUNTY

## FITNESS CLASS SCHEDULE

Effective January 5, 2026

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>8:00 AM</b>						BOOT CAMP Main Gym Stephanie
<b>9:00 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 (9:00) Don Miller Jacob  #SILVER SPLASH (9:45) 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 (9:00) Don Miller Jacob  #SILVER SPLASH (9:45) Pool Barb	TOTAL TONE Small Gym Chanda  #SS CLASSIC (9:30) Don Miller Kim  #AQUA BASIC (9:40) Pool Debbie	YOGA Martial Arts Stacie
<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>11:30 AM</b>			#CARDIO DANCE Don Miller Kathie			
<b>12:00 PM</b>						<b>Sunday</b>
						OUT OF THIS LEAGUE PICKLEBALL CLASS Main Gym Jim
<b>5:00 PM</b>	CYCLING Cycling Studio Cheyenne  KICKBOXING (5:30) Don Miller Bekkah	BOOT CAMP Main Gym Stephanie		BOOT CAMP Main Gym Laura		
<b>6:00 PM</b>	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		
<b>7:00 PM</b>		STEP AEROBICS Don Miller Deanna		STEP AEROBICS Don Miller Deanna		

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



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### YMCA At Terra State Community College

Time	Monday	Tuesday	Wednesday	Thursday
10:00 AM		HATHA YOGA D120 Angie		MAT PILATES D120 Angie
5:00 PM			BARRE FUSION D120 Angie	
5:30 PM	YOGA D120 Stacie			
6:00 PM			TAI CHI FORMS with QI-GONG D120 Angie	
7:00 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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