

YMCA OF SANDUSKY COUNTY

FITNESS CLASS SCHEDULE

Effective January 5, 2026

BOOT CAMP Main Gym Mike, Barb BOOT CAMP Main Gym Stephanie Grand G	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BOOT CAMP Main Gym	racoau	BOOT CAMP Main Gym	marsacy	BOOT CAMP Main Gym	outuruu,
9:00 AM						YOGA Don Miller	
Small Gym Cycling Studio Chanda Cycling Studio Chanda Cycling Studio Chanda Chanda Chanda Chanda Chanda Chanda Chanda Chanda Chanda Stacie	8:00 AM						Main Gym
(9:30) Don Miller Sharla (9:40) Pool SPLASH (9:45) Pool Barb Sharla	9:00 AM	Small Gym	Cycling Studio	Small Gym	Cycling Studio	Small Gym	Martial Arts
(9:40) Pool (9:45) Pool		(9:30) Don Miller	DRUMS (9:00)Don Miller	(9:30) Don Miller	DRUMS (9:00)Don Miller	(9:30)Don Miller	
Don Miller Sharla Don Miller Sharla AEROBICS Pool Kim #AQUA FIT Pool Tylan #SS YOGA Don Miller Suzi #AQUA FIT Pool Tylan #AQUA FIT Pool Jacob #CARDIO DANCE Don Miller Suzi #CARDIO DANCE Don Miller Kathie #CARDIO DANCE Don Miller Rathie #CARDIO DANCE Don Miller Rathie #CARDIO DANCE Don Miller Pool Debbie #CARDIO DANCE Don Miller Rathie #CARDIO DANCE Don Miller Pool Debbie #CARDIO DANCE Don Miller Pool Pool Main Gym Stephanie #CARDIO DRUMS Don Miller Lisa #AQUA X Pool Rachel LINE DANCING (6:30) Don Miller Lisa #AQUA X Pool Rachel LINE DANCING (6:30) Don Miller Cierra #AQUA AT Pool Rachel #AROBICS Don Miller Lisa #AQUA X Pool Rachel #AROBICS Don Miller Lisa #AQUA X Pool Rachel #AROBICS Don Miller Lisa #AQUA X Pool Rachel #AROBICS Don Miller Cierra #AQUA X Pool Rachel #AQUA X Pool Rachel #AROBICS Don Miller Cierra #AQUA X Pool Rachel #AQUA X Po		(9:40) Pool	SPLASH (9:45) Pool	(9:40) Pool	SPLASH (9:45) Pool	(9:40) Pool	
Pool Tylan Suzi Pool Jacob Suzi Pool Don Miller Suzi Pool Debbie 11:30 AM #CARDIO DANCE Don Miller Kathie 12:00 PM CYCLING Cycling Studio Cheyenne Stephanie Suphanie Stephanie Sundio Rachel Lisa CARDIO DRUMS Don Miller Cierra STEP AEROBICS Don Miller Don Mil	10:30 AM	Don Miller	WATER AEROBICS Pool	Don Miller	WATER AEROBICS Pool	DANCE Don Miller	
12:00 PM 12:00 PM CYCLING Cycling Studio Cheyenne KICKBOXING (5:30) Don Miller Bekkah 6:00 PM AQUA X Pool Rachel LISA LIEAGUE PICKLEBALL CLASS Main Gym Stephanie BOOT CAMP Main Gym Stephanie AQUA X Pool Rachel Lisa AQUA X Pool Rachel Lisa AQUA X Pool Rachel STEP AEROBICS Don Miller		Pool	Don Miller	Pool	Don Miller	Pool	
S:00 PM CYCLING Cycling Studio Cheyenne KICKBOXING (5:30) Don Miller Bekkah AQUA X POOI Rachel LINE DANCING (6:30) Don Miller Cierra STEP AEROBICS Don Miller STEP AEROBICS Don Miller DIEGOT CAMP Main Gym Short CAMP Main Gym Laura BOOT CAMP Main Gym Main Gym Laura CARDIO DRUMS Pool Rachel LINE DANCING (6:30) Don Miller STEP AEROBICS Don Miller STEP AEROBICS Don Miller	11:30 AM			Don Miller			Sunday
5:00 PM CYCLING Cycling Studio Cheyenne BOOT CAMP Main Gym Stephanie BOOT CAMP Main Gym Laura 6:00 PM KICKBOXING (5:30) Don Miller Bekkah CARDIO DRUMS Don Miller Lisa AQUA X Pool Rachel CARDIO DRUMS Don Miller Lisa LINE DANCING (6:30) Don Miller Cierra STEP AEROBICS Don Miller STEP AEROBICS Don Miller 7:00 PM STEP AEROBICS Don Miller STEP AEROBICS Don Miller	12:00 PM						LEAGUE PICKLEBALL CLASS Main Gym
(5:30) Don Miller Bekkah AQUA X Pool Rachel LINE DANCING (6:30) Don Miller Cierra CARDIO DRUMS Pool Rachel LINE DANCING STEP AEROBICS Don Miller Don Miller STEP AEROBICS Don Miller Don Miller STEP AEROBICS Don Miller Don Miller STEP AEROBICS Don Miller	5:00 PM	Cycling Studio	Main Gym		Main Gym		31111
Pool Rachel LINE DANCING (6:30) Don Miller Cierra STEP AEROBICS Don Miller Don Miller Lisa Don Miller Lisa Don Miller Lisa Don Miller Lisa STEP AEROBICS Don Miller STEP AEROBICS Don Miller		(5:30) Don Miller					
7:00 PM STEP AEROBICS Don Miller Don Miller Don Miller Don Miller	6:00 PM	Pool	Don Miller	Pool	Don Miller		
Don Miller Don Miller		(6:30) Don Miller					
	7:00 PM		Don Miller		Don Miller		



YMCA OF SANDUSKY COUNTY

FITNESS CLASS SCHEDULE Effective January 5, 2026

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	

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