



# 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<br>Main Gym<br>Mike, Barb                                                                                            |                                                                                                                                           | BOOT CAMP<br>Main Gym<br>Mike, Barb                                                                                            |                                                                                                                                           | BOOT CAMP<br>Main Gym<br>Mike, Barb                                                                                          |                                                                 |
| <b>8:00 AM</b>  |                                                                                                                                |                                                                                                                                           |                                                                                                                                |                                                                                                                                           |                                                                                                                              | BOOT CAMP<br>Main Gym<br>Stephanie                              |
| <b>9:00 AM</b>  | TOTAL TONE<br>Small Gym<br>Chanda<br><br>#SS CLASSIC<br>(9:30) Don Miller<br>Sharla<br><br>#AQUA BASIC<br>(9:40) Pool<br>Carol | CYCLING<br>Cycling Studio<br>Chanda<br><br>#CARDIO<br>DRUMS<br>(9:00) Don Miller<br>Jacob<br><br>#SILVER<br>SPLASH<br>(9:45) Pool<br>Barb | TOTAL TONE<br>Small Gym<br>Chanda<br><br>#SS CLASSIC<br>(9:30) Don Miller<br>Sharon<br><br>#AQUA BASIC<br>(9:40) Pool<br>Carol | CYCLING<br>Cycling Studio<br>Chanda<br><br>#CARDIO<br>DRUMS<br>(9:00) Don Miller<br>Jacob<br><br>#SILVER<br>SPLASH<br>(9:45) Pool<br>Barb | TOTAL TONE<br>Small Gym<br>Chanda<br><br>#SS CLASSIC<br>(9:30) Don Miller<br>Kim<br><br>#AQUA BASIC<br>(9:40) Pool<br>Debbie | YOGA<br>Martial Arts<br>Stacie                                  |
| <b>10:30 AM</b> | #SS CIRCUIT<br>Don Miller<br>Sharla<br><br>#AQUA FIT<br>Pool<br>Tylan                                                          | #DEEP END<br>WATER<br>AEROBICS<br>Pool<br>Kim<br><br>#SS YOGA<br>Don Miller<br>Suzi                                                       | #SS CIRCUIT<br>Don Miller<br>Sharla<br><br>#AQUA FIT<br>Pool<br>Jacob                                                          | #DEEP END<br>WATER<br>AEROBICS<br>Pool<br>Kim<br><br>#SS YOGA<br>Don Miller<br>Suzi                                                       | #CARDIO<br>DANCE<br>Don Miller<br>Kathie<br><br>#AQUA FIT<br>Pool<br>Debbie                                                  |                                                                 |
| <b>11:30 AM</b> |                                                                                                                                |                                                                                                                                           | #CARDIO DANCE<br>Don Miller<br>Kathie                                                                                          |                                                                                                                                           |                                                                                                                              |                                                                 |
| <b>12:00 PM</b> |                                                                                                                                |                                                                                                                                           |                                                                                                                                |                                                                                                                                           |                                                                                                                              | <b>Sunday</b>                                                   |
|                 |                                                                                                                                |                                                                                                                                           |                                                                                                                                |                                                                                                                                           |                                                                                                                              | OUT OF THIS<br>LEAGUE<br>PICKLEBALL<br>CLASS<br>Main Gym<br>Jim |
| <b>5:00 PM</b>  | CYCLING<br>Cycling Studio<br>Cheyenne<br><br>KICKBOXING<br>(5:30) Don Miller<br>Bekkah                                         | BOOT CAMP<br>Main Gym<br>Stephanie                                                                                                        |                                                                                                                                | BOOT CAMP<br>Main Gym<br>Laura                                                                                                            |                                                                                                                              |                                                                 |
| <b>6:00 PM</b>  | AQUA X<br>Pool<br>Rachel<br><br>LINE DANCING<br>(6:30) Don Miller<br>Cierra                                                    | CARDIO DRUMS<br>Don Miller<br>Lisa                                                                                                        | AQUA X<br>Pool<br>Rachel                                                                                                       | CARDIO DRUMS<br>Don Miller<br>Lisa                                                                                                        |                                                                                                                              |                                                                 |
| <b>7:00 PM</b>  |                                                                                                                                | STEP AEROBICS<br>Don Miller<br>Deanna                                                                                                     |                                                                                                                                | STEP AEROBICS<br>Don Miller<br>Deanna                                                                                                     |                                                                                                                              |                                                                 |

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



# 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<br>D120<br>Angie |                                                       | MAT PILATES<br>D120<br>Angie |
| 5:00 PM  |                                |                             | BARRE FUSION<br>D120<br>Angie                         |                              |
| 5:30 PM  | YOGA<br>D120<br>Stacie         |                             |                                                       |                              |
| 6:00 PM  |                                |                             | TAI CHI FORMS with QI-GONG<br>D120<br>Angie           |                              |
| 7:00 PM  | BALANCED BODY<br>D120<br>Angie |                             | CIRCL MOBILITY WITH RESTORATIVE YOGA<br>D120<br>Angie |                              |

### YMCA At Fremont Senior Center

| Time    | Monday                                               | Tuesday              | Wednesday                  | Thursday                         |
|---------|------------------------------------------------------|----------------------|----------------------------|----------------------------------|
| 8:30 AM | #SS ZUMBA GOLD<br>Angie                              | #SS CIRCUIT<br>Angie | #SS TAI CHI BASIC<br>Angie | #SS CARDIO AND STRENGTH<br>Angie |
| 9:15 AM | #STRENGTH, STAMINA<br>AND STABILITY OVER 60<br>Angie |                      | #CHAIR YOGA<br>Angie       |                                  |

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