



YMCA OF SANDUSKY COUNTY

FITNESS CLASS SCHEDULE

Effective April 6th, 2026

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	
8:00 AM						BOOT CAMP Main Gym Stephanie
9:00 AM	TOTAL TONE Small Gym Chanda	CYCLING Cycling Studio Chanda #CARDIO DRUMS Don Miller Rm. Jacob	TOTAL TONE Small Gym Chanda	CYCLING Cycling Studio Chanda #CARDIO DRUMS Don Miller Rm. Jacob	TOTAL TONE Small Gym Chanda	YOGA Don Miller Rm. Stacie
9:30 AM	#SS CLASSIC Don Miller Rm. Sharla #AQUA BASIC (9:40) Pool Carol	#SILVER SPLASH (9:45) Pool Barb	#SS CLASSIC Don Miller Rm. Sharon #AQUA BASIC (9:40) Pool Carol	#SILVER SPLASH (9:45) Pool Barb	#SS CLASSIC Don Miller Rm. Kim #AQUA BASIC (9:40) Pool Debbie	
10:30 AM	#SS CIRCUIT Don Miller Rm. Sharla	#Aqua Fit Pool Jacob #SS YOGA Don Miller Suzi	#SS CIRCUIT Don Miller Sharla #AQUA FIT Pool Jacob	#AQUA FIT Pool Jacob #SS YOGA Don Miller Suzi	#CARDIO DANCE Don Miller Rm. Kathie #AQUA FIT Pool Debbie	
11:30 AM	WOW Don Miller Rm. Kim		#CARDIO DANCE Don Miller/Sm. Gym Kathie			Sunday
12:00 PM						
5:00 PM		BOOT CAMP Main Gym Stephanie		BOOT CAMP Main Gym Laura		
6:00 PM	AQUA X Pool Rachel	CARDIO DRUMS Don Miller Lisa	AQUA X Pool Rachel	CARDIO DRUMS Don Miller Lisa		
6:30 PM	LINE DANCING Don Miller Rm. Cierra					
7:00 PM		STEP AEROBICS Don Miller Rm. Deanna		STEP AEROBICS Don Miller Rm. Deanna		

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



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Effective April 6th, 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	