



YMCA OF SANDUSKY COUNTY

FITNESS CLASS SCHEDULE

Effective Oct 12th, 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	
7:00 AM		Zumba Don Miller Room Amber				
8:30 AM	ADV. AQUA AEROBICS Pool Barb					8:00AM BOOT CAMP MAIN GYM
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 ROOM Jennifer
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	
10:00 AM		TOTAL BODY BLAST Small Gym James		TOTAL BODY BLAST Small Gym James		
10:30 AM	#SS CIRCUIT Don Miller Rm. Sharla #Aqua Fit Pool Kim	#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	Sunday
5:00 PM		BOOT CAMP Main Gym Stephanie	FURNACE 45 SMALL GYM EBONEE	BOOT CAMP Main Gym		
6:00 PM	AQUA X Pool Rachel FURNACE 45 SMALL GYM EBONEE	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