

FITNESS FUN UNDER THE SUN



FREE FITNESS AT THE RIVERFRONT CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY

The Chippewa Falls YMCA will be offering FREE fitness classes to the entire community this summer at Riverfront Park! Classes will be offered daily beginning on June 10 through August 23. All classes are FREE and open to EVERYONE. If weather causes issues, class will be moved to the Chippewa Falls YMCA where everyone can still attend for free.

SUMMER 2024 FREE FITNESS CLASS SCHEDULE CLASSES RUN JUNE 10-AUGUST 23, 2024 | NO CLASSES: JULY 3, JULY 4, OR JULY 5

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:30 PM Slow & Stretchy Yoga with Max	5:30 PM Core Flow Yoga with Karen	5:30 PM Zumba with Crista & Tara	5:30 PM Bands & Bodyweight with Jess	9:30 AM Barre with Kim

Slow & Stretchy:

Slow your flow and relax your way into the week!

Core Flow Yoga:

Yoga with a focus on building core strength with breath work and flows.

Zumba:

Bringing the FUN into FITNESS with this high energy, dance based cardio workout!

Bands & Bodyweight:

The name says it all - working with your own bodyweight and resistance bands for a complete strength/cardio workout.

Barre:

High-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles for a total body workout.



FOR MORE INFORMATION: WWW.YMCA-CV.ORG/GROUPEXSCHEDULES