



CYCC Group Fitness Schedule

Effective 1.1.23

MONDAY

Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba®	MPR	Suzy
9:15-9:45 am	Upper Cut	WC	Maddison
1:30-2:00 pm	Chair Yoga: Level 1	MPR	Kara
5:15-5:45 pm	Beginner Yoga: Level 3	MPR	Kara
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat

WEDNESDAY

Time	Class	Location	Instructor
6:30-7:30 am	Zumba® Step	MPR	Suzy
8:00-9:00 am	Zumba® Toning	MPR	Suzy
1:00-2:00 pm	Strength For Women	WC	Luke
3:00-3:30 pm	Beginner Leg Day	WC	Maddison
6:00-8:00 pm	Strength	WC	Luke

FRIDAY

Time	Class	Location	Instructor
7:00-7:30 am	Sun Yoga: Level 3	MPR	Kara
8:00-8:45 am	Chair Yoga: Level 1	MPR	Kara
8:00-8:45 am	Cardio Kick	GYM	Amanda
10:15-11:15 am	Strength Express	WC	Luke
4:00-4:30 pm	HIIT Full Body	MPR	Maddison
5:15-5:45 pm	Cycle	MPR	Luke

Yoga levels:

Level 1 : No experience needed

Level 2: Beginner-Intermediate

Level 3: Advanced

TUESDAY

Time	Class	Location	Instructor
8:00-8:45 am	Cardio Kick	MPR	Amanda
10:00-10:30 am	Floor Yoga: Level 2	MPR	Kara
1:45-2:15 pm	Fit N' Firm Yoga: Level 4	MPR	Kara
3:45-4:30 pm	Strength For Teens	WC	Luke
4:30-5:00 pm	CORE	MPR	Maddison
5:15-5:45 pm	Lower Body Strength	WC	Maddison

THURSDAY

Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba®	MPR	Suzy
9:15-9:45 am	Floor Yoga: Level 2	MPR	Kara
11:15-12:00 pm	Yoga Flow: Level 4	MPR	Kara
1:00-1:30 pm	Beginner Yoga: Level 3	MPR	Kara
4:00-4:45 pm	Strength For Women	WC	Luke
5:15-5:45 pm	Cycle	MPR	Luke
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat

SATURDAY

Time	Class	Location	Instructor
8:00-9:00 am	Super Saturday	MPR	Varies

SUZIE'S WALK FIT:

EVERY OTHER SUNDAY, 8-8:45. INQUIRE AT FRONT DESK FOR MORE INFO

- ♦ All **adult (19+)** class passes are **\$5.00/class**
- ♦ All **youth (18 and under)** class passes are **\$2.00/ class**
- ♦ Passes can be purchased at the front desk.
- ♦ Please turn your pass into your instructor.
- ♦ You may try **each** class for **free the first time**.
- ♦ Children ages 12 and older are welcome to take **any** fitness class
- ♦ Class pass punch cards are available for purchase at the front desk.
- ♦ All equipment for classes is provided; however, some class sizes may be limited due to available equipment or space.
- ♦ Please understand that due to unforeseeable circumstances classes may need to be cancelled. When these situations arise we will post the information as quickly as we can in the most obvious locations (typically our lobby board and social media) and appreciate your understanding.
- ♦ You are encouraged to call the center at 715-854-3109 prior to coming to class.

Classes require a class pass. Passes are available at the Front Desk. Valid membership or day pass also required. All group fitness classes are taught by qualified instructors. CYCC provides all equipment needed for class; however, some class sizes may be limited due to available equipment.

Class Descriptions

Beginner Leg Day is a class that focuses on legs and lower body strength.

Beginner Yoga (LEVEL 3) will have gentle stretches, gentle strength, and gentle balancing.

Cardio Kick is a fun, action-packed *workout* that combines a series of punching and kicking combinations, this *class* improves strength, muscle tone and endurance.

Chair Yoga (LEVEL 1) is the practice of performing traditional yoga postures seated in, or with the aid of, a chair with the intended goal of improving flexibility, balance, posture, and muscular endurance.

CORE: Core uses a large variety of low-impact exercises to challenge and strengthen your core muscles. Core strength is important for good posture and can lessen low-back pain.

Cycle is a stationary biking class that focuses on cardio as well as a total body workout. Pedaling through hill climbs, sprints, and other challenging drills while listening to heart pumping, inspiring music. All fitness levels welcome. Bring water and be ready to roll!

Fit N' Firm Yoga (LEVEL 4) adds weight for an extra challenge, has the most yoga poses and the most movement. Students who come to this class can expect to be challenged in every part of their body.

Floor Yoga (LEVEL 2) practice that is done on the floor. Some postures offered in this class will challenge your mind and body, while others will release built up tension. After class you will leave feeling relaxed, strong, and determined.

Gentle Yoga (LEVEL 3) is a slow pace yoga class that focuses on gentle stretching and light strength.

HIIT (High Intensity Interval Training) Full Body: HIIT Full Body is 30 minutes of high intensity intervals alternating with short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time with compound exercises that target all major muscle groups. Using a 2:1 work-to-rest ratio, HIIT Full Body will surely get your heart pumping, and muscles burning.

Lower Body Strength is a class that will use a variety of movements, machines, and weights to strengthen your calves, quads, glutes, and hamstrings.

Strength will focus on utilizing strength building techniques such as proper warm up, correct form, breathing and stretching to improve muscular strength, size and endurance. Class will include key strength building exercises including but not limited to: Bench press, pull ups, squats, deadlifts and much more! Appropriate for Beginners to Advanced levels of fitness.

Strength Express is a fast-paced CrossFit style Circuit training Strength/HIIT class with the focus being on building strength as fast and as efficiently as possible while also getting a great cardiovascular exercise as well. Class will include key strength building exercises including but not limited to: bench press, pull-ups, squats, deadlifts and much more! Appropriate for Beginner to Advanced levels of fitness.

Strength for teens is designed for teens ages 12-18. This class will focus on utilizing strength building techniques such as proper warm up, correct form, breathing and stretching to improve muscular strength, size and endurance. Class will include key strength building exercises including but not limited to: Bench press, pull ups, squats, deadlifts and much more! Appropriate for Beginners to Advanced levels of fitness.

Strength for women is a fast-paced circuit training class, each circuit consists of 2-3 strength exercises with 1 cardio exercise. This class focuses on building strength performing compound exercises but also accessory exercises including but not limited to bench press, shoulder press, squats, deadlifts, bicep curls, triceps extensions and much, much more! Appropriate for Beginner to Advanced levels of fitness.

STRONG by ZUMBA® is a High Intensity Interval Training class using more tradition fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition... In a **STRONG by ZUMBA®** class, music is the key element.

Sun Yoga (LEVEL 3) is a morning wake up class. Start out your day right by waking up your body and mind through various postures and mindful practices.

Super Saturday will include a variety of fitness formats to broaden the horizons of exercise, including but not limited to HIIT, Strength, Cardio, Dance, or Yoga. One fitness format incorporated into each class session. Class is offered every Saturday, instructed by either Amanda, Kara, Maddison, or Luke!

Upper Cut is a great upper body workout for beginners! Dumbbells will be used to improve muscular strength and endurance in the shoulders, biceps, triceps, and chest.

Yoga Flow (LEVEL 4) is a faster paced yoga class, working to open the hips, strengthen the legs, improve balance, and focus on intentional breathing. Listening to your body is key to getting the most of out this workout! Have fun challenging yourself, when you feel ready, to advance into different postures.

ZUMBA® is a fusion of Latin and International music/dance themes that create a dynamic & exciting atmosphere. The routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body. Zumba® is based on the principle that a workout should be "FUN & EASY TO DO."

ZUMBA® STEP Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

ZUMBA® TONING is a fun full body sculpting class synced to the rhythms of music. Emphasis on toning and sculpting to define your muscles. Added resistance by the use of weights will target zones, including arms, core and lower body. Results will be improved strength and muscle tone.



CYCC Pool Schedule

Effective 01-17-2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pool 6-10 am	Adult Pool 6-10 am	Adult Pool 6-10am	Adult Pool 6-10 am	Adult Pool 6-10 am		
Reserved 10-11am	Reserved 10-11am	Reserved 10-11am	Reserved 10-11am	Reserved 10-11am		
Closed 11am-12pm	Closed 11am-12pm	Closed 11am-12pm	Closed 11am-12pm	Closed 11am-12pm	Open Pool 9 am- 1:30 pm	Open Pool 9 am- 1:30 pm
Adult Pool 12-2 pm	Adult Pool 12-2 pm	Adult Pool 12-2 pm	Adult Pool 12-2 pm	Adult Pool 12-2 pm		
Open Pool 2-5 pm	Open Pool 2-4:30 pm	Open Pool 2-4:30 pm	Open Pool 2-5 pm	Open Pool 2-6:30 pm	Closed @ 1:30 pm	Closed @ 1:30 pm
Closed 5-6 pm	Closed @ 4:30 pm	Closed @ 4:30 pm	Closed 5-6 pm			
Open Pool 6-8 pm					Open Pool 6-8 pm	Closed @ 6:30 pm

*Please be aware that, for your safety, the CYCC Pool is subject to unexpected closures due to chemical imbalances, mechanical malfunctions, and anytime there is lightning within 6 miles of our facility. The pool would be reopened once the lightning has been outside of that 6 mile range for 30 minutes. We strongly encourage you to call the CYCC front desk prior to your visit at 715-854-3109. We appreciate your understanding and patience when these issues arise.

*Schedule subject to change to accommodate CYCC programming, please call for most current schedule at 715-854-3109.

CYI Community Center Pool Information

901 Henriette Ave., Crivitz, WI 54114
715-854-3109 www.crivitzyouth.com

Pool Descriptions

Adult Pool: Ages 19+ during this time

Reserved: Pool is reserved for private rental

Open Pool: Youth younger than 12 years old must be with a parent or guardian (at least 16 years old) present while using the pool.

***Non-toilet-trained children are permitted in the pool, however required to wear a swim diaper.

***Swim diapers may be purchased at Front Desk.

Pool Rules

- ◇ **Pool patrons must stop at Front Desk for key fob to access pool at time of use**
 - ◇ **Shower before entering the pool and after use of toilet facilities**
 - ◇ **During high demand the pool will be limited to 1 hour per patron.**
 - ◇ Do not enter the pool if you have a communicable disease or an open cut
 - ◇ Do not bring food, drink, gum, or tobacco into the pool
 - ◇ Do not run or engage in rough play in the pool area
 - ◇ Diaper changing on the pool deck is prohibited
 - ◇ Glass and items that can shatter are prohibited in the pool area
 - ◇ NO DIVING
 - ◇ Proper swimming attire must be worn at all times
 - ◇ Flotation devices must be Type 2 Coast Guard approved
 - ◇ Pool max capacity 12 patrons
- ◇ Service animals under complete control of their handler are allowed on the pool deck only.
 - ◇ No other animals are allowed in the pool area
 - ◇ No animals are allowed in the water.

Pool Features

- ◇ Pool Attendant on duty during pool hours
- ◇ Shallow 3'6"-4'9" warm water swimming pool
 - ◇ Hydro-lift chair on pool deck