



# RACINE FAMILY YMCA – Sealed Air Branch

**Fitness Schedule: Fall 2017**

Tu, September 5 - Sa, December 23

| <b>Cardio-Strength: Studio AB, Mead Witter, Gym</b>        |   |   |  |   |   |
|--|---|---|--|---|---|
| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>                                    | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>   |
| 5:15-6:30am<br><b>Extreme Interval Step/Michel</b>         | 5:05-6:00am<br><b>P90X® LIVE/Gavin</b>                  | 5:15-6:30am<br><b>Single Step Bar Int/Michel</b>    | 5:05-6:00am<br><b>Core DeForce® /Gavin Mead Witter</b> | 5:05-6:00am<br><b>INSANITY LIVE® /Gavin</b>             |   |
| 8:00-8:50am<br><b>Mature Muscles/Cherie</b>                |   |   | 5:15-6:30am<br><b>Double Step/Michel</b>               |   | 7:45-8:55am<br><b>Extreme Step Interval/Michel</b>            |
| 9:00-9:50am<br><b>Step/Missy</b>                           | 8:30-9:25am<br><b>PILOXING® /Julie</b>                  | 8:30-9:20am<br><b>Mature Muscles/Cherie</b>         | 8:30-9:20am<br><b>Light Toning Mead Witter</b>         | 8:30-9:20am<br><b>Boomers Cardio Circuit/Josie</b>      | 8:00-9:00am<br><b>Function &amp; Fit/Rotation Mead Witter</b> |
| 9:00-9:50am<br><b>Core Fusion/Bobbie Mead Witter</b>       | 9:30-10:20am<br><b>Kickboxing/Bridgett Mead Witter</b>  | 9:30-10:20am<br><b>Mature Muscles/Cherie</b>        | 8:40-9:25am<br><b>Hot HIIT/Julie Mead Witter</b>       | 9:30-11:00am<br><b>Step &amp; Abs/Missy Mead Witter</b> |   |
| 9:30-10:30am<br><b>ZUMBA®/Hope CNH Gym</b>                 | 9:30-10:20am<br><b>Silver Sneakers Classic®/Mathias</b> | 9:30-10:30am<br><b>ZUMBA® Toning/Andrea CNH Gym</b> | 9:30-10:20am<br><b>Kickboxing/Bridgett Mead Witter</b> | 9:30-10:30am<br><b>ZUMBA®/Hope-Robin CNH Gym</b>        |   |
| 10:00-10:50am<br><b>Abs &amp; Toning/Missy Mead Witter</b> |   |   | 9:30-10:00am<br><b>Silver Sneakers YOGA®/Josie</b>     |   |   |
| 10:00-10:50am<br><b>Adv Abs &amp; Toning/Cherie</b>        | 10:30-11:30am<br><b>Free Weights/Michel</b>             | 10:30-11:20am<br><b>Adv Abs Toning/Charlie</b>      | 10:10-10:50am<br><b>Free Weights/Michel</b>            | 10:30-11:20am<br><b>Adv Abs Toning/ Mathias</b>         |   |
| 11:00-11:50am<br><b>Mature Muscles/Cherie</b>              |   | 11:30-12:00pm<br><b>Light Toning Balance/Cherie</b> | 11:00-11:50am<br><b>Mature Muscles/Cherie</b>          | 11:00-11:50am<br><b>AOA/Arlene SMB Studio</b>           |   |
| 12:00-12:50pm<br><b>Toning/Cherie</b>                      | 12:00-12:50pm<br><b>Toning/Rachel D</b>                 | 12:00-12:50pm<br><b>Toning/Cherie</b>               | 12:00-12:50pm<br><b>Toning/Rachel D</b>                | 12:00-1:30pm<br><b>Double Step/Michel</b>               |   |
| 5:00-6:00pm<br><b>Extreme Interval Step/Michel</b>         | 5:00-5:50pm<br><b>Strength Training/Michel</b>          |   | 5:00-5:50pm<br><b>Strength Training/Michel</b>         |   | <b>schedules subject to change</b>                            |
| 5:00-5:50pm<br><b>Tabata-HIIT/Rachel D Mead Witter</b>     |   |   |  |   |   |
| 6:00-6:50pm<br><b>Kickboxing/Rachel D Mead Witter</b>      | 5:55-6:40pm<br><b>Gutts N Butts/Michel</b>              |   | 5:55-6:40pm<br><b>Gutts N Butts/Michel</b>             |   |   |
| 6:00-7:00pm<br><b>ZUMBA®/Romi CNH Gym</b>                  |   | 6:00-6:50pm<br><b>ZUMBA®/Colleen CNH Gym</b>        |  |   |   |

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**Fitness Schedule: Fall 2017**  
 Tu, September 5 – Sa, December 23

| <b>Yoga-Pilates: Spirit Mind Body Studio - Mead Witter</b> |   |  |  |  |   |
|--|---|--|--|--|---|
| <b>Monday</b>  | <b>Tuesday</b>                            | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>                                  | <b>Saturday</b>   |
| 8:00-9:00am<br><b>Pilates/Bobbi Mead Witter</b>            | 6:15-7:15am<br><b>Pilates/Kelly</b>       | 8:00-9:00am<br><b>Vinyasa Flow Yoga/Bobbie Mead Witter</b> | 7:30-8:45am<br><b>Gentle Yoga/Charlie</b>                    | 8:00-9:00am<br><b>Pilates/Andrea</b>           |   |
| 8:30-9:30am<br><b>Hatha Yoga/Chloe</b>                     | 7:30-8:30am<br><b>Gentle Yoga/Julie</b>   | 9:00-10:00am<br><b>Hot Vinyasa Yoga/Charlie</b>            | 9:00-9:50am<br><b>Pilates/Andrea</b>                         | 9:30-10:45am<br><b>Yoga/Nicole</b>             | 9:00-10:00am<br><b>Yoga-Pilates/Varies</b>  |
|  | 9:00-9:50am<br><b>Pilates/Andrea</b>      |  | 9:30-10:00am<br><b>Silver Sneakers YOGA®/Josie AB Studio</b> |  |   |
|  | 10:00-10:50am<br><b>Pilates/Andrea</b>    |  | 10:00-10:50am<br><b>Pilates/Andrea</b>                       | 11:00-11:50am<br><b>AOA/Arlene</b>             |   |
| 12:00-1:00pm<br><b>Vinyasa Yoga /Chloe</b>                 | 11:00-12:15pm<br><b>Yoga/Charlie</b>      | 12:00-1:00pm<br><b>Vinyasa Yoga /Chloe</b>                 | 11:00-12:15pm<br><b>Yoga/Chloe</b>                           | 12:00-1:00pm<br><b>Chair Yoga/Arlene</b>       | 1st Sat: Yoga<br>2nd Sat: Pilates<br>3rd Sat: Yoga<br>4th Sat: Pilates<br>5th Sat: Yoga |
| 4:15-5:15pm<br><b>Vinyasa-Flow Yoga/Lisa</b>               |   | 4:15-5:15pm<br><b>Vinyasa-Flow Yoga/Lisa</b>               |  |  |   |
| 5:30-6:30pm<br><b>Yoga/Lisa</b>                            |   | 5:30-6:30pm<br><b>Yoga/Doris-Lisa</b>                      | 5:30-6:30pm<br><b>Yoga/Lisa P</b>                            | 5:30p-6:30pm<br><b>Gentle Yoga/CANCELLED</b>   |   |
|  |   |  | 7:00p-8:00pm<br><b>Pilates Stretch/Jeanne</b>                |  |   |
|  |   |  |  |  |   |
| <b>Indoor Cycling: Cycling Studio</b>                      |   |  |  |  |   |
|  | 5:15-6:30am<br><b>Cycle/Michel</b>        |  | 5:05-6:00am<br><b>Cycle/Rachel</b>                           | 5:15-6:30am<br><b>Cycle/Michel</b>             |   |
|  | 9:00-10:00am<br><b>Cycle/Michel</b>       | 9:30-10:30am<br><b>Cycle/Tim-TBD</b>                       | 9:00-10:00am<br><b>Cycle/Michel</b>                          |  | 9:00-10:00am<br><b>Cycle/Gina/Tim</b>   |
|  |   | 11:00-11:30am<br><b>Cycle 30/Cherie</b>                    |  |  | 10:15-11:15am<br><b>Cycle/Tim FALL II</b>   |
| 12:00-1:00pm<br><b>Cycle/Mathias</b>                       | 12:00-1:00pm<br><b>Cycle/Mathias</b>      | 12:00-1:00pm<br><b>Cycle/Charlie</b>                       | 12:00-1:00pm<br><b>Cycle/Mathias</b>                         | 12:00-1:00pm<br><b>Cycle/Charlie</b>           | <b>Pick up your cycle pass at Welcome Center Desk.</b>                                  |
| 5:00-6:30pm<br><b>Cycle/Colleen</b>                        | 6:00-7:00pm<br><b>Cycle/ Tom</b>          | 6:00-7:00pm<br><b>Cycle/Tim</b>                            |  | 5:30-6:20pm<br><b>Cycle/Colleen</b>            |   |
| <b>Water Exercise: Aquatic Center</b>                      |   |  |  |  |   |
| 7:00-7:50am<br><b>Aquacise/Christine</b>                   |   | 7:00-7:50am<br><b>Aquacise/Christine</b>                   |  | 7:00-7:50am<br><b>Aqua Spash/CANCELLED</b>     |   |
| 8:00-9:00am<br><b>Aquacise/Amy</b>                         | 8:00-9:00am<br><b>AQUA Splash/Claire</b>  | 8:00-9:00am<br><b>Aquacise/Amy</b>                         | 8:00-9:00am<br><b>AQUA Splash/Josie</b>                      | 8:00-9:00am<br><b>RipTide/Bobbie</b>           |   |
|  | 9:00-10:00am<br><b>RipTide/Bobbie</b>     |  | 9:00-10:00am<br><b>Water Works/Michele</b>                   | 9:00-10:00am<br><b>Deep Water Aquacise/Sue</b> |   |
|  | 11:00-12:00pm<br><b>Aquarobics/Jeanne</b> |  | 11:00-12:00pm<br><b>Aquarobics/Jeanne</b>                    |  |   |
| 6:00-7:00pm<br><b>Aquacise/Arlene</b>                      |   | 6:00-7:00pm<br><b>Aquacise/Arlene</b>                      |  | 6:00-7:00pm<br><b>Golden Wave/Arlene</b>       |   |

**Register for classes @ the Welcome Desk. Classes with low enrollment will be cancelled.**