

Racine Family YMCA– Sealed Air Branch Group Fitness schedule: June 1–6

Monday, June 1

Gym: max 30			AB Studio: max 15			Outdoors: max: 30		
5:15-6:30am	Extreme Interval Step	Michel	8:30-9:20am	Mature Muscles	Mathias	9:30-10:30am	Zumba	JC
9:15-10:15am	BodyPump	Karen						
11:00-11:50am	Mature Muscles	Mathias						
5:00-6:00pm	Extreme Interval Step	Michel				5:00-5:50pm	Tabata HIIT	Angela
6:00-7:00pm	Cycling	Colleen	6:00-7:00pm	BodyCombat	Karen	6:00-7:00pm	Zumba	Romi

Tuesday, June 2

Gym: max 30			AB Studio: max 15			Outdoors: max: 30					
5:15-6:15am	Cycling	Michel	8:30-9:20am	Silver Sneakers	Mathias	9:30-10:30am	Zumba	Romi			
8:00-8:45am	Kickboxing	Bridget									
9:00-10:00am	Cycling	Michel									
10:30-11:30am	Free Weights	Michel							10:00-11:00am	Circuit Fusion	Angela
12:00-1:00pm	Cycling	Mathias									
5:00-5:50pm	Strength Training	Michel							6:00-7:00pm	BodyPump	Karen
6:00-7:00pm	Cycling	Tom									

Wednesday, June 3

Gym: max 30			AB Studio: max 15			Outdoors: max: 30		
5:15-6:30pm	Single Step Bar Interval	Michel	5:00-6:00pm	Extreme Express	Angela	9:30-10:30am	Zumba	Romi
8:30-9:20am	Mature Muscles	Angela						
5:30-6:30pm	BodyPump	Karen						
6:30-7:30pm	Cycling	Tim				6:00-7:00pm	Zumba	Colleen

Thursday, June 4

Gym: max 30			AB Studio: max 15			Outdoors: max: 30					
9:00-10:00am	Cycling	Michel	11:00-11:50am	Mature Muscles							
8:00-8:45am	Kickboxing	Bridget									
10:30-11:30am	Free Weights	Michel									
12:00-1:00pm	Cycling	Mathias									
5:00-6:00pm	Strength Training	Michel							4:45-5:25pm	Step Cardio	Angela
6:30-7:30pm	Cycling	Angela							6:00-7:00pm	BodyPump	Karen

Friday, June 5

Gym: max 30			AB Studio: max 15			Outdoors: max: 30		
5:15-6:15am	Cycling	Michel	11:00-11:50am	AOA	Arlene			
5:15-6:05pm	Cycling	Colleen						
6:15-7:15pm	Kickboxing	Angela						
			5:30-6:30pm	BodyCombat	Karen			

Saturday, June 6

Gym: max 30			AB Studio: max 15			Outdoors: max: 30		
7:00-7:30am	Tabata HIIT	Rachel D						
7:45-8:55am	Extreme	Michel						
9:00-10:00am	Cycling	Tim						
10:00-11:00am	BodyPump	Karen						

Registration will open on Fr, May 29

To register email: lboehm@ymcaracine.org or call 262-898-4551

We will continue to phase new classes in each week - updated schedules will be posted every Thursday

Online schedule & registration coming soon!

Website: www.ymcaracine.org

Outdoor classes will be held in a section of the parking lot