



# RACINE FAMILY YMCA - Lakefront Branch

Fitness Schedule: Fall: September 4 - December 22, 2018

CARDIO/STRENGTH

**FREE to Members - Schedules Subject To Change**

## Small Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:15-6:00am Yoga/Mike		5:15-6:00am Yoga/Mike			<b>Hip Hop Cycle (Cycle Pass Required)</b> Enjoy an intense HIIT cardio workout in our cycling class to the beat of Hip Hop music <b>LOUD</b> . Pick up Cycle Pass at Welcome Desk.
	6:15-7:00am BodyPump/ Rachel <b>NEW BEGINS 10/23</b>		6:15-7:00am BodyPump/ Rachel <b>NEW BEGINS 10/23</b>			
	8:15-8:50am Lower Body Blast/Brenda <b>CANCELLED 10/30</b>		8:15-8:50am Lower Body Blast/Brenda <b>CANCELLED 10/30</b>		8:15-9:15am BodyPump/ Brenda	
9:10-10:10am BodyPump/Carrie	9:00-9:50am Hip Hop Cycle/Brenda	9:10-10:10am BodyPump/Brenda	9:00-9:50am Hip Hop Cycle/Brenda	9:10-10:10am BodyPump/Brenda		<b>HIIT</b> Enjoy an intense cardiostrength workout in our HIIT/bootcamp style class.
10:20-11:20am BodyFlow/ Carrie <b>NEW TIME</b>	10:15-11:15am BodyPump/ Rachel <b>CANCELLED 10/23</b>	10:20-10:55am BodyFlow Stretch/ Brenda <b>NEW TIME</b>	10:15-11:15am BodyPump/ Rachel <b>CANCELLED 10/23</b>	10:20-11:20am BodyFlow/ Carrie <b>NEW TIME</b>		
5:00-5:50pm Hip Hop Cycle/Brenda	5:00-5:50pm HIIT/Angela	5:00-5:50pm Hip Hop Cycle/Brenda	5:00-5:50pm HIIT/Angela	5:00-5:50pm Hip Hop Cycle/Brenda	<b>SUNDAY</b> <b>9:00-9:50am</b> Hip Hop Cycle/Brenda  <b>10:00-10:30am</b> Lower Body Blast/Brenda <b>CANCELLED</b>	
6:10-6:50pm BodyFlow Stretch/ Brenda	6:00p-7:00pm BodyPump/ Karen	6:10-7:10pm BodyFlow/ Carrie/Brenda	6:00-7:00pm BodyPump/ Karen	6:00-6:30pm Teen/Youth Bootcamp/ Karen		<b>Teen/Youth Bootcamp</b> A class focused on empowering youth and teens in fitness using body weight strength and cardio intervals to help build endurance and cardiovascular conditioning.

## LES MILLS PROGRAMS

<b>BodyPump:</b> The original Les Mills Bar Bell Class will sculpt, tone and strengthen your body.(Burns 600 calories). <b>New members arrive 10 mins early for set up.</b>	<b>BodyFlow:</b> Yoga, Tai-Chi, and pilates inspired workout leaving you long, strong, calm and centered. Feel Balanced.	<b>BodyFlow Stretch:</b> Tai-Chi warm up with yoga stretch and meditation leaving you calm and centered.	<b>Register for classes at the Welcome Desk. Schedule subject to change.</b>
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## MIND BODY SPIRIT

<b>Pilates:</b> Strengthens the core muscles and increases flexi-bility. Use of Mats. <b>MP ROOM</b>	<b>Yoga:</b> Rest and relax in using stress relieving techniques along with yoga asana. <b>MP ROOM</b>
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## DANCE FITNESS

<b>Zumba:</b> is a Latin dance-based fitness class. Salsa and me-ringue your way to a healthy, fit body. <b>MP ROOM</b>
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NAME:



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## MPR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00-8:50 AOA/Ellen	8:00-8:55am Pilates/Myra	8:30-9:30am Zumba/ Jessica
9:00-9:50am AOA/Larry	9:15-10:05am Silver Sneakers Yoga/ Josie	9:00-9:50am AOA/Larry	9:15-10:05am Silver Sneakers Yoga/ Ellen	9:00-9:50am AOA/Larry	
5:30-6:30pm Yoga/Ellen		6:15-7:15pm Indoor Cycling/Jon <b>BEGINS 10/31</b>	6:00-7:00pm ZUMBA/Jessica	5:30-6:30pm Yoga/Ellen	

## Large Gym

8:00-8:45am AOA/Larry	8:00-8:50 Silver Sneakers Cardio/Josie	8:00-8:45am AOA/Larry		8:00-8:45am AOA/Larry	
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## Water Exercise: Aquatic Center

8:15-9:00am Aquacise/Josie Small Pool <b>NEW TIME</b>	8:00-8:50am Aqua Splash/Amy Small Pool	8:15-9:00am Aquacise/Josie Small Pool <b>NEW TIME</b>	8:00-8:50am Aquacise/Angela Small Pool	8:30-9:30am Aquacise/Karen Small Pool	
9:05-9:55am Aqua Splash/Josie Small Pool <b>NEW TIME</b>	8:00-9:00am Deep Water Fitness/ Mary Large Pool	9:05-9:55am Aqua Splash/Josie Small Pool <b>NEW TIME</b>	8:00-9:00am Deep Water Fitness/ Mary Large Pool		
	9:00-9:50am Aquacise/Amy Small Pool		9:00-9:50am Aquacise/Angela Small Pool		
6:00-7:00pm Aquacise/Jodie Small Pool		6:00-7:00pm Aquacise/Linda Small Pool		5:30-6:30pm Aquacise/Angela Small Pool	

**Register for classes at the Welcome Desk. Schedule subject to change.**

**AOA Active Older Adults:** A forty-five minute workout designed for the mature members. Cardio, strength training, and flexibility.

**Aquacise:** Promoting joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength. Class set to oldies music.

**Aqua Splash:** Aquacise work out using Kick Boards.

**Deep Water Fitness: (No swimming skills required)** -Fun aqua class using floatation belts (optional and provided) working out in zero-impact suspension in the large pool at your own fitness level whether staying active, working aerobically, core strengthening or toning.

**Pilates:** Strengthens the core muscles and increases flexibility. Use of Mats.

**Silver Sneakers/Cardio Circuit:** Designed just for active older adults. Increase flexibility and range of motion and at the same time increasing strength and building endurance. Cardio helps increase cardiovascular fitness .

**Silver Sneakers:** Designed for active older adults to increase flexibility and range of motion as well as increasing strength and building endurance.

**Silver Sneakers Yoga:** Enjoy the benefits from Yoga seated in a chair or standing with a chair for assistance.

**Yoga:** Rest and relax in using stress relieving techniques along with yoga asana.

**Zumba:** A Latin dance-based fitness class. Salsa and me-ringue your way to a healthy, fit body.