



RACINE FAMILY YMCA - Lakefront Branch

Fitness Schedule: Fall: October 9 - December 31

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			
	8:15-8:50am Lower Body Blast/ Brenda		8:15-8:50am Lower Body Blast/ Brenda		8:15-9:15am BodyPump/ Brenda	Hip Hop Cycle (Cycle Pass Required) Enjoy an intense HIIT cardio workout in our cycling class to the beat of Hip Hop music LOUD . Pick up Cycle Pass at Welcome Desk.
9:10-10:10am BodyPump/ Brenda	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/ Carrie		
10:15-11:10am BodyFlow/ Carrie		10:15-11:00am BodyFlow Stretch/ Brenda NEW	10:15-11:15am BodyFlow/ Carrie		10:00-2:00pm Gymnastics (pay class)	
	11:30-1:00pm Pickleball	11:30-1:00pm Pickleball		11:00-1:00pm Pickleball		Lower Body Blast 30 minutes of concentrated legs and gluteal workout with a warmup and stretch.
5:00-5:50pm Hip Hop Cycle/ Brenda		5:00-5:50pm Hip Hop Cycle/ Brenda		5:00-5:50pm Hip Hop Cycle/ Brenda	SUNDAY 9:00-9:50am Hip Hop Cycle Brenda 10:00-10:30am Lower Body Blast Brenda	
6:10-6:50pm BodyFlow Stretch/ Brenda NEW	6:00p-7:00pm BodyPump/ Karen	6:10-7:10pm BodyFlow/ Carrie/Brenda	6:00-7:00pm BodyPump/ Karen	6:00-6:30pm Lower Body Blast/ Brenda		
	7:00-7:30pm Lower Body Blast/ Karen		7:00-7:30pm CXWorx/ Karen			

LES MILLS PROGRAMS

BodyPump - The original Les Mills Bar Bell Class will sculpt, tone and strengthen your body.(Burns 600 calories). **New members arrive 10 mins early for set up.**

CXWorx - Exercising muscles around the core of your body. CXWORXTM provides the vital ingredient for a stronger, leaner body.

BodyFlow- Yoga, Tai-Chi, and pilates inspired workout leaving you long, strong, calm and centered. Feel Balanced.

MIND BODY SPIRIT

Pilates Strengthens the core muscles and increases flexi-bility. Use of Mats. **MP ROOM**

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

DANCE FITNESS

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

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

NAME:



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MPR					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:00-8:55am	8:30-9:30am
				Pilates/Bobbi	Zumba/ Jessica
	8:00-8:50		8:00-8:50		
	Silver Sneakers Cardio/ Josie		AOA/ Ellen		
9:00-9:50am	9:15-10:05am	9:00-9:50am	9:15-10:05am	9:00-9:50am	
Silver Sneakers/ Larry	Silver Sneakers Yoga/ Josie	Silver Sneakers/ Larry	Silver Sneakers Yoga/ Ellen	Silver Sneakers/ Larry	
10:15-11:15am				10:15-11:00am	
Hip Hop HIIT/ Rachel				Hip Hop HIIT/ Rachel	
	5:00-5:50pm		5:00-5:50pm		
	Hip Hop HIIT/ Rachel		Hip Hop HIIT/ Rachel		
6:15-7:15pm			6:00-7:00pm	5:30-6:30pm	
Yoga/ Ellen			ZUMBA/ Jessica	Yoga/ Ellen	
Large Gym					
8:00-8:45am		8:00-8:45am		8:00-8:45am	
AOA/ Larry		AOA/ Larry		AOA/ Larry	
Water Exercise: Aquatic Center					
		6:00-7:30am		6:00-7:30am	
		Masters Swim/Myra PAY CLASS		Masters Swim/Myra PAY CLASS	
8:00-8:50am	8:00-8:50am	8:00-8:50am	8:00-8:50am	8:30-9:30am	
Aquacise/Josie Sm pool	Aqua Splash/Lynda Sm Pool	Aquacise/Josie Sm Pool	Aqua Splash/Lynda Sm Pool	Aquacise/Karen Sm Pool	
9:00-9:50am	8:00-9:00am	9:00-9:50am	8:00-9:00am		
Aqua Splash/Josie Sm Pool	Deep Water Fitness/ Mary Lg Pool	Aqua Splash/Josie Sm Pool	Deep Water Fitness/ Mary Lg Pool		
	9:00-9:50am		9:00-9:50am		
	Aquacise/Lynda Sm Pool		Joint Effort/Lynda Sm Pool		
6:00-7:00pm		6:00-7:00pm		5:30-6:30pm	
Aquacise/Jodie Sm Pool		Aquacise/Lynda Sm Pool		Aquacise/Josie Sm Pool	

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

Aquacise Reduce the stress on your joints and get a great cardio workout in our small, warm water pool.

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.

Hip Hop HIIT Enjoy an intense cardiostrength workout in our new HIIT/bootcamp style class to the beat of Hip Hop music.

Joint Effort is a warm water Aquacise class designed to enhance range of motion for those with arthritis.

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

Silver Sneaker/Cardio Circuit is a class 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 is a Latin dance-based fitness class. Salsa and me-ri-ngue your way to a healthy, fit body.