



RACINE FAMILY YMCA - Lakefront Branch

Fitness Schedule: Winter/Spring: January 2nd - June 16th, 2019

CARDIO/STRENGTH

FREE to Members - Schedules Subject To Change

Small Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:15-6:00am		5:15-6:00am			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.
	Yoga/Mike		Yoga/Mike			
	6:15-7:00am		6:15-7:00am		8:15-9:15am	HIIT Enjoy an intense cardiostrength workout in our HIIT/bootcamp style class.
	BodyPump/ Rachel		BodyPump/ Rachel		BodyPump/ Brenda	
9:10-10:10am	9:00-9:50am	9:10-10:10am	9:00-9:50am	9:10-10:10am		
BodyPump/Carrie	Hip Hop Cycle/Brenda	BodyPump/Brenda	Hip Hop Cycle/Brenda	BodyPump/Brenda		
	10:10-11:10am	10:20-10:55am	10:10-11:10am			
	BodyFlow/ Carrie NEW TIME AND DAY	BodyFlow Stretch/ Brenda NEW TIME	BodyFlow/ Carrie NEW TIME AND DAY			
5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm		SUNDAY 9:00-9:50AM Hip Hop Cycle/Brenda
Hip Hop Cycle/Brenda	HIIT/Angela	Hip Hop Cycle/Brenda	HIIT/Angela	Hip Hop Cycle/Brenda		
6:10-6:50pm	6:00p-7:00pm		6:00-7:00pm			
BodyFlow/ Carrie/Brenda	BodyPump/ Karen		BodyPump/ Karen			
		6:15-7:15pm				
		Indoor Cycling/Jon				

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.	BodyFlow: Yoga, Tai-Chi, and pilates inspired workout leaving you long, strong, calm and centered. Feel Balanced.	BodyFlow Stretch: Tai-Chi warm up with yoga stretch and meditation leaving you calm and centered.	Register for classes at the Welcome Desk. Schedule subject to change.
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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. MP ROOM
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DANCE FITNESS

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

NAME:



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MPR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00-8:50 AOA/Ellen	9:00-9:55am Pilates/Myra All Saints Room NEW TIME	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 All Saints Room		6:15-7:15pm Indoor Cycling/Jon Small gym 12/12	6:00-7:00pm ZUMBA/Jessica	5:30-6:30pm Yoga/Ellen All Saints Room	

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 NEW TIME	8:00-8:50am Aqua Splash/Amy Small Pool	8:15-9:00am Aquacise/Josie Small Pool NEW TIME	8:00-8:50am Aquacise/Angela Small Pool	8:00-8:50am Aquacise/Myra Small Pool NEW TIME	
9:05-9:55am Aqua Splash/Josie Small Pool NEW TIME	8:00-9:00am Deep Water Fitness/ Mary Large Pool	9:05-9:55am Aqua Splash/Josie Small Pool NEW TIME	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.