



RACINE FAMILY YMCA – Lakefront Branch

Fitness Schedule: Winter-Spring 2019

Mo, February 4 – June 16, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:00am Yoga/Mike Small Gym		5:15-6:00am Yoga/Mike Small Gym		
8:00-8:45am AOA/Larry Large Gym	8:00-8:50am Silver Sneakers Cardio/Josie Large Gym	8:00-8:45am AOA/Larry Large Gym	8:00-8:50am AOA/Ellen MPR	8:00-8:45am AOA/Larry Large Gym	
8:15-9:00am Aquacise/Josie Small Pool	8:00-8:50am AquaSplash/Amy Small Pool	8:15-9:00am Aquacise/Angela Small Pool	8:00-8:50am Aquacise/Angela Small Pool	8:00-8:50am Aquacise/Myra Small Pool	
	8:00-8:50am Deep Water Fitness/Mary Large Pool		8:00-9:00am Deep Water Fitness/Mary Large Pool		
9:00-9:50am AOA/Larry MPR		9:00-9:50am AOA/Larry MPR		9:00-9:50am AOA/Larry MPR	8:30-9:30am ZUMBA/Jessica MPR
9:05-9:55am AquaSplash/Josie Small Pool	9:00-9:50am Aquacise/Amy Small Pool	9:05-9:55am AquaSplash/Angela Small Pool	9:00-9:50am Aquacise/Angela Small Pool	9:00-9:50am Pilates/Myra All Saints Rm	
9:10-10:10am BodyPump™/Karen Small Gym	9:00-9:50am Cycle/xxxx-Tim Small Gym	9:10-10:10am BodyPump™/Karen Small Gym <i>starts: 2/13</i>	9:00-9:50am Cycle HIIT/Mathias* Small Gym	9:10-10:10am BodyPump™/xxxx Small Gym <i>coming soon - watch for start date</i>	9:00-10:00am BodyPump™/Karen Small Gym
	9:15-10:05am Silver Sneakers Yoga/Josie MPR		9:15-10:05am Silver Sneakers Yoga/Ellen MPR		
	10:10-11:10am YogaFlow/Kelly* Small Gym		10:10-11:10am YogaFlow/Julie* Small Gym		
5:00-5:50pm Cycle HIIT/Kelly* Small Gym	5:00-5:50pm HIIT/Angela Small Gym	5:00-5:50pm Cycle HIIT/xxxxx Small Gym <i>coming soon - watch for start date</i>	5:00-5:50pm HIIT/Angela Small Gym		
5:30-6:30pm Yoga/Ellen All Saints Rm				5:30-6:30pm Yoga/Ellen All Saints Rm	
6:00-7:00pm Aquacise/Jodie Small Pool		6:00-7:00pm Aquacise/Linda Small Pool	6:00-7:00pm ZUMBA/Jessica MPR	5:30-6:30pm Aquacise/Angela Small Pool	
	6:00-7:00pm BodyPump™/Karen Small Gym	6:15-7:15pm Cycling/Jon Small Gym - MPR	6:30-7:30pm BodyPump™/Karen Small Gym		

NEW classes coming soon - watch for updates!

Please register for all group fitness classes at the Welcome Desk

Put your name on the Group Fitness schedule, circle the classes you are attending and drop at the Welcome Desk

NAME: _____