



# RACINE FAMILY YMCA – Lakefront Branch

## Fitness Schedule: Winter-Spring 2019

Mo, February 11 – 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 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/Amy 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/Amy Small Pool	9:00-9:50am Pilates/Myra All Saints Rm	
9:10-10:10am BodyPump™/Karen Small Gym	9:00-9:50am Cycle/Kelly-Tim Small Gym	9:10-10:10am BodyPump™/Karen Small Gym	9:00-9:50am Cycle HIIT/Mathias* Small Gym	9:10-10:10am Bar Interval/Kelly Small Gym	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		
10:15-10:45am CoreRip/Karen Small Gym		10:15-10:45am CoreRip/Karen 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/Karen Small Gym	5:00-5:50pm HIIT/Angela Small Gym	5:00-5:50pm BodyCombat™/Karen Small Gym	
5:30-6:30pm Yoga/Ellen All Saints Rm				5:30-6:30pm Yoga/Ellen All Saints Rm	
6:00-7:00pm BodyCombat Small Gym	6:00-7:00pm BodyPump™/Karen Small Gym	6:15-7:15pm Cycling/Jon Small Gym last class April 10th	6:30-7:30pm BodyPump™/Karen Small Gym	6:00-6:30pm CoreRip/Karen Small Gym	
6:00-7:00pm Aquacise/Jodie Small Pool	7:00-7:30pm CoreRip/Karen Small Gym	6:00-7:00pm Aquacise/Lynda Small Pool	6:00-7:00pm ZUMBA/Jessica MPR	5:30-6:30pm Aquacise/Angela Small Pool	

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: \_\_\_\_\_

Schedule subject to change

Revised group fitness schedule: 2-28-19