



RACINE FAMILY YMCA – Riverside Branch

Fitness Schedule: Winter-Spring 2020

Th, January 2 – Sa, May 30, 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|---|--|---|------------------------------------|-----------------------------------|
| | 5:15-6:00am Yoga/Mike | | 5:15-6:00am Yoga/Mike | | |
| 7:30-8:15am AOA/Larry | 7:00-8:00am Cardio Interval/Lisa | 7:30-8:15am AOA/Larry | 7:00-8:00am Cardio Interval/Lisa | 7:30-8:15am AOA/Larry | |
| 8:20-9:05am AOA/Larry | 8:15-9:05am AOA/Josie | 8:20-9:05am AOA/Larry | | 8:20-9:05am AOA/Larry | 8:15-9:05am ZUMBA™/Jessica |
| 9:15-10:15am BodyPump™/Karen | 9:15-10:05am Silver Sneakers Yoga/Josie | 9:15-10:15am BodyPump™/Karen | 9:15-10:05am Silver Sneakers Yoga/Ellen | 9:15-10:15am Bar Interval/Kelly | 9:15-10:15am BodyPump/Karen |
| 10:30-11:00am CoreFlow/Karen | 10:15-11:15am Circuit Fusion | 10:30-11:00am CoreFlow/Karen | 10:15-11:15am BootCamp/Kari | | 10:30-11:30am BodyCombat™/Kare |
| 11:15-12:15pm Cardio Interval/Lisa | 11:30-12:30pm Vinyasa Yoga/Lisa | 11:15-12:15pm Cardio Interval/Lisa | 11:30-12:30pm Vinyasa Yoga/Lisa | | |
| 5:00-5:50pm Yoga/Ellen | 5:00-5:50pm WERQ/Kari | 5:00-5:50pm Extreme Express/Angela | 4:45-5:25pm Step Cardio/Angela | 5:00-5:50pm Yoga/Ellen | |
| 6:00-7:00pm BodyCombat™/Karen | 6:00-7:00pm BodyPump™/Karen | 6:00-7:00pm Cycling/Jon | 5:30-6:20pm ZUMBA™/Jessica | | |
| | 7:00-7:30pm CoreFlow/Karen | | 6:30-7:30pm BodyPump™/Karen | | 1/17/2020 |

- AOA** A cardio, strength, & flexibility workout specifically designed for the mature member
- BarInterval** A group strength class incorporating barbells
- BodyCombat™** BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.
- BodyPump™** BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Burn up to 590 calories*. You'll leave the class feeling challenged & motivated.
- Bootcamp** High intensity, endurance challenging cardio & strength training targeting major muscle groups, finishing with a stretch
- Cardio Interval** Footwork including cardio kickboxing moves with moderate-intensity resistance training intervals using hand weights and other modalities
- Circuit Fusion** A great class with bikes, ropes, had weights and steps
- CoreFlow** Short & to the point, this core is sure to fire up your core from all sides. Work your core from the front, back, and side
- Extreme Express** Using the step, this energetic class will guide you to a mix of aerobic step movements combing dynamic weight training while maintaining coordination on or off (optional) your step. Great for all levels.
- Silver Sneakers Yoga** A series of seated and standing poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.
- Vinyasa Yoga** Fun, engaging class using salutations, standing poses, balance postures, seated & reclining poses, all while connecting each pose to breathe.
- WERQ** Fiercely fun dance fitness class based on pop, rock, and hip hop music
- Yoga** Rest & relax in this class using stress relieving techniques along with yoga asanas
- Zumba®** Zumba is a Latin dance-based fitness class. Salsa and merengue your way to a healthy, fit body