



RACINE FAMILY YMCA – Riverside Branch

Fitness Schedule: Fall 2019

Tu, September 3 – Sa, December 21, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15–6:00am Yoga/Mike		5:15–6:00am Yoga/Mike		
7:30–8:15am AOA/Larry		7:30–8:15am AOA/Larry		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
10:15–10:45am CoreFlow/Karen	10:15–11:15am Step Interval/Angela	10:15–10:45am CoreFlow/Karen	10:15–11:15am BootCamp/Kari		
5:00–5:50pm Yoga/Ellen	5:00–5:50pm WERQ/Kari	5:00–5:50pm Step Interval/Angela	4:45–5:25pm Step Cardio/Angela	4:45–5:50pm BodyCombat™/Karen	
			5:30–6:20pm ZUMBA™/Jessica		
6:00–7:00pm BodyCombat™/Karen	6:00–7:00pm BodyPump™/Karen	6:00–7:00pm BodyCombat™/Karen		6:00–6:50pm Yoga/Ellen	
	7:00–7:30pm CoreFlow/Karen		6:30–7:30pm BodyPump™/Karen		8/1/2019

- 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
- 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
- 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.
- Step Cardio** Using the step, you'll move your way through several choreographed combinations that will give your heart the cardio boost it needs to stay healthy & happy. Class complexity & intensity varies
- Step Interval** Using the step, this energetic class will guide you to a mix of aerobic step movements combining dynamic weight training while maintaining coordination on or off (optional) your step. Great for all levels.
- 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