



RACINE FAMILY YMCA – Riverside Branch

Fitness Schedule: Summer 2019

Mo, July 1 – Sa, August 31, 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 Silver Sneakers Cardio/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 | | 10:15-10:45am CoreFlow/Karen | | | |
| 5:00-5:50pm Yoga/Ellen | 5:00-5:50pm HIIT/Angela | 5:00-5:50pm HIIT/Angela | 4:45-5:25pm HIIT/Angela | 5:00-5:50pm 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 | | |

Riverside Branch

141 Main Street

Racine, WI 53403

entrance is on State Street

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parking is in the parking lot east of the building

6/28/2019