



RACINE FAMILY YMCA – Sealed Air Branch

Fitness Schedule: Summer 2017

Mo, June 12 – Sa, August 26

Cardio-Strength: Studio AB, Mead Witter, Gym					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:30am Extreme Interval Step/Michel	5:05-6:00am P90X® LIVE/Gavin	5:15-6:30am Single Step Bar Int/Michel	5:15-6:30am Double Step/Michel	5:05-6:00am INSANITY LIVE® /Gavin	
8:00-8:50am Mature Muscles/Cherie			8:30-9:20am Light Toning Balance/Cherie		7:45-8:55am Extreme Step Interval/Michel
9:00-9:50am Step/Missy	8:30-9:25am PILOXING® /Julie	8:30-9:20am Mature Muscles/Cherie	8:40-9:25am Hot HIIT/Julie Mead Witter	8:30-9:20am Boomers Cardio Circuit/Josie	8:00-9:00am Function & Fit/Rotation Mead Witter
9:00-9:50am Core Fusion/Bobbie Mead Witter	9:30-10:20am Kickboxing/Bridgett Mead Witter	9:30-10:20am Mature Muscles/Cherie	9:30-10:20am Kickboxing/Bridgett Mead Witter	9:30-11:00am Step & Abs/Missy Mead Witter	
9:30-10:30am ZUMBA®/Hope CNH Gym	9:30-10:20am Silver Sneakers Classic®/Mathias	9:30-10:30am ZUMBA® Toning/Andrea CNH Gym	9:30-10:00am Silver Sneakers YOGA®/Josie	9:30-10:30am ZUMBA®/Hope-Robin CNH Gym	
10:00-10:50am Abs & Toning/Missy Mead Witter					
10:00-10:50am Adv Abs & Toning/Cherie	10:30-11:30am Free Weights/Michel	10:30-11:20am Adv Abs Toning/Charlie	10:10-10:50am Free Weights/Michel	10:30-11:20am Adv Abs Toning/ Mathias	
11:00-11:50am Mature Muscles/Cherie		11:30-12:00pm Light Toning Balance/Cherie	11:00-11:50am Mature Muscles/Cherie	11:00-11:50am AOA/Arlene SMB Studio	
12:00-12:50pm Toning/Cherie	12:00-12:50pm Toning/Rachel D	12:00-12:50pm Toning/Cherie	12:00-12:50pm Toning/Rachel D	12:00-1:30pm Double Step/Michel	
5:00-6:00pm Extreme Interval Step/Michel	5:00-5:50pm Strength Training/Michel		5:00-5:50pm Strength Training/Michel		
5:00-5:50pm Tabata-HIIT/Rachel D Mead Witter					
6:00-6:50pm Kickboxing/Rachel D Mead Witter	5:55-6:40pm Gutts N Butts/Michel		5:55-6:40pm Gutts N Butts/Michel		
6:00-7:00pm ZUMBA®/Romí CNH Gym		6:00-6:50pm ZUMBA®/Colleen CNH Gym			

schedules subject to change

Fitness Studio A-B & Gym will be CLOSED August 28 – September 2
Aquatics Center will be CLOSED – August 28 – September 3
 Register for classes @ the Welcome Desk. Classes with low enrollment will be cancelled.



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Yoga-Pilates: Spirit Mind Body Studio - Mead Witter					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am Pilates/Bobbi Mead Witter	6:15-7:15am Pilates/Kelly	8:00-9:00am Vinyasa Flow Yoga/Bobbie Mead Witter		8:00-9:00am Pilates/Andrea	
8:30-9:30am Hatha Yoga/Chloe	7:30-8:30am Gentle Yoga/Julie	9:00-10:00am Hot Vinyasa Yoga/Charlie	7:30-8:45am Gentle Yoga/Charlie	9:30-10:45am Yoga/Nicole	9:00-10:00am Yoga-Pilates/Varies
	9:00-9:50am Pilates/Andrea		9:00-9:50am Pilates/Andrea		
	10:00-10:50am Pilates/Andrea		10:00-10:50am Pilates/Andrea	11:00-11:50am AOA/Arlene	
12:00-1:00pm Vinyasa Yoga /Chloe	11:00-12:15pm Yoga/Nicole	12:00-1:00pm Vinyasa Yoga /Chloe	11:00-12:15pm Yoga/Nicole	12:00-1:00pm Chair Yoga/Arlene	1st Sat: Yoga 2nd Sat: Pilates 3rd Sat: Yoga 4th Sat: Pilates 5th Sat: Yoga
4:15-5:15pm Vinyasa-Flow Yoga/Lisa		4:15-5:15pm Vinyasa-Flow Yoga/Lisa			
5:30-6:30pm Yoga/Lisa	5:30-6:30pm Yoga/Lisa P	5:30-6:30pm Yoga/Doris-Lisa	7:00p-8:00pm Pilates Stretch/Jeanne	5:30p-6:30pm Gentle Yoga/TBD	
Indoor Cycling: Cycling Studio					
	5:15-6:30am Cycle/Michel		5:05-6:00am Cycle/Rachel	5:15-6:30am Cycle/Michel	
	9:00-10:00am Cycle/Michel	9:30-10:30am Cycle/Tim-Gina	9:00-10:00am Cycle/Michel		9:00-10:00am Cycle/Gina/Tim
		11:00-11:30am Cycle 30/Cherie			
12:00-1:00pm Cycle/Mathias	12:00-1:00pm Cycle/Mathias	12:00-1:00pm Cycle/Charlie	12:00-1:00pm Cycle/Mathias	12:00-1:00pm Cycle/Charlie	Pick up your cycle pass at Welcome Center Desk.
5:00-6:30pm Cycle/Colleen	6:00-7:00pm Cycle/ Tom	6:00-7:00pm Cycle/Tim		5:30-6:20pm Cycle/Colleen	
Water Exercise: Aquatic Center					
7:00-7:50am Aquacise/Christine		7:00-7:50am Aquacise/Christine		7:00-7:50am Aqua Spash/Claire	
8:00-9:00am Aquacise/Amy	8:00-9:00am AQUA Splash/Claire	8:00-9:00am Aquacise/Amy	8:00-9:00am AQUA Splash/Josie	8:00-9:00am RipTide/Bobbie	
	9:00-10:00am RipTide/Bobbie		9:00-10:00am Water Works/Michele	9:00-10:00am Deep Water Aquacise/Sue	
	11:00-12:00pm Aquarobics/Jeanne		11:00-12:00pm Aquarobics/Jeanne		
6:00-7:00pm Aquacise/Arlene		6:00-7:00pm Aquacise/Arlene		6:00-7:00pm Golden Wave/Arlene	

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