



# RACINE FAMILY YMCA – Sealed Air Branch

## Fitness Schedule: Winter-Spring 2020

Th, January 2 – Sa, May 30, 2020

Cardio-Strength: Studio A-B					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:30am <b>Extreme Interval Step</b> /Michel	5:05-6:00am <b>P90X® LIVE</b> /Gavin	5:15-6:30am <b>Single Step Bar Int</b> /Michel	5:15-6:30am <b>Double Step</b> /Michel	5:05-6:00am <b>INSANITY LIVE®</b> /Gavin	
8:00-8:50am <b>Mature Muscles</b> /Cherie	8:30-9:25am <b>PILOXING®</b> /Julie	8:30-9:20am <b>Mature Muscles</b> /Cherie	8:30-9:20am <b>Mature Muscles - Light Toning Balance</b> /Cherie	8:30-9:20am <b>Boomers Cardio Circuit</b> /Josie	7:45-8:55am <b>Extreme Step Interval</b> /Michel
9:00-9:50am <b>Step</b> /Missy	9:30-10:20am <b>Silver Sneakers Classic®</b> /Mathias	9:30-10:20am <b>Mature Muscles</b> /Cherie	9:30-10:00am <b>Silver Sneakers YOGA®</b> /Josie	9:30-10:25am <b>Step</b> /Missy	
10:00-10:50am <b>Core &amp; Sculpting</b> /Cherie	10:30-11:30am <b>Free Weights</b> /Michel	10:30-11:20am <b>Core &amp; Sculpting</b> /Charlie	10:10-10:50am <b>Free Weights</b> /Michel	10:30-11:20am <b>Abs Toning</b> /Missy	
11:00-11:50am <b>Mature Muscles</b> /Cherie		11:30-12:00pm <b>Mature Muscles - Light Toning Balance</b> /Cherie	11:00-11:50am <b>Mature Muscles</b> /Cherie	11:00-11:50am <b>AOA</b> /Arlene <b>SMB Studio</b>	
12:00-12:55pm <b>Core &amp; Strength</b> /Cherie	12:00-12:50pm <b>Metabolic Meltdown</b> /Kari	12:00-12:55pm <b>Core &amp; Strength</b> /Cherie	12:00-12:50pm <b>Metabolic Meltdown</b> /Angela	12:00-1:30pm <b>Double Step</b> /Michel	
3:05-4:50pm <b>Cardio Intervals</b> /Lisa	5:00-5:50pm <b>Strength Training</b> /Michel		5:00-5:50pm <b>Strength Training</b> /Michel		
5:00-6:00pm <b>Extreme Interval</b>	5:55-6:40pm <b>Gutts N Butts</b> /Michel	6:00-6:50pm <b>Yoga Strong</b> /Karen	5:55-6:40pm <b>Gutts N Butts</b> /Michel	6:00-7:00pm <b>ZUMBA®</b> /Colleen <b>WERQ®</b> /Keri	
Cardio-Strength: CNH Gym					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am <b>ZUMBA®</b> /Hope		9:30-10:30am <b>ZUMBA® Toning</b> /Andrea		9:30-10:30am <b>ZUMBA®</b> /Andrea	
6:00-7:00pm <b>ZUMBA®</b> /Robin		6:00-7:00pm <b>ZUMBA®</b> /Colleen			
Indoor Cycling: Cycling Studio					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:30am <b>Cycle</b> /Michel			5:15-6:30am <b>Cycle</b> /Michel	
	9:00-10:00am <b>Cycle</b> /Michel	9:30-10:30am <b>Cycle</b> /Tim-Rachel F	9:00-10:00am <b>Cycle</b> /Michel		9:00-10:00am <b>Cycle</b> /Gina-Tim
		11:00-11:30am <b>Cycle 30</b> /Cherie			10:15-11:15am <b>Cycle</b> /Tom
12:00-1:00pm <b>Cycle</b> /Mathias	12:00-1:00pm <b>Cycle</b> /Mathias	12:00-1:00pm <b>Cycle</b> /Charlie	12:00-1:00pm <b>Cycle</b> /Mathias	12:00-1:00pm <b>Cycle</b> /Charlie	Pick up your cycle pass at Welcome Center Desk.
5:00-6:30pm <b>Cycle</b> /Colleen	6:00-7:00pm <b>Cycle</b> / Tom	6:30-7:30pm <b>Cycle</b> /Tim	6:30-7:30pm <b>Cycle</b> /Tim-Angela	5:15-6:05pm <b>Cycle</b> /Colleen	

NAME: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_

Register online @ [www.ymcaracine.org](http://www.ymcaracine.org) or at the Welcome Desk

Classes with low enrollments will be cancelled



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Yoga-Pilates: Spirit Mind Body Studio					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:15am Pilates/Kelly	5:30-6:30am Sunshine Yoga/Janelle	7:30-8:30am Gentle Yoga/Kelly H	8:00-9:00am Pilates/Andrea	7:00-8:00am Yoga/Janelle
8:30-9:30am Hatha Yoga/Chloe	9:00-9:50am Pilates/Andrea		9:00-9:50am Pilates/Andrea		9:00-10:00am Yoga-Pilates/Varies
			9:30-10:00am Silver Sneakers YOGA®/Josie Studio AB	9:30-10:45am Yoga/Bobbie	<b>9:00am rotation</b>  1st Sat: Yoga 2nd Sat: Pilates 3rd Sat: Yoga 4th Sat: Pilates 5th Sat: Yoga
	10:00-10:50am Pilates/Andrea		10:00-10:50am Pilates/Andrea		
11:00-12:00pm Yoga /Chloe	11:00-12:15pm Yoga/Charlie		11:00-12:15pm Yoga/Chloe	11:00-11:50am AOA/Arlene	
		12:00-1:00pm Vinyasa Yoga /Chloe		12:00-1:00pm Chair Yoga/Arlene	
4:15-5:15pm Vinyasa-Flow Yoga/Lisa	4:30-5:20pm Kids Yoga/Janelle				
5:30-6:30pm Yoga/Lisa	5:30-6:20pm Power Yoga/Janelle	5:30-6:30pm Yoga/Doris			
	6:30-7:20pm Restorative Yoga/Janelle		7:00p-8:00pm Pilates Stretch/Jeanne		
Cardio-Strength-Yoga: Mead Witter					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:05-6:00am Core DeForce® /Gavin		
	7:30-8:30am Gentle Yoga/Julie				7:00-7:45am Tabata-HIIT/Rachel
8:00-9:00am Pilates/Bobbie		8:00-9:00am Vinyasa Flow Yoga/Bobbie	8:30-9:25am Hot HIIT/Julie	8:00-8:50am Body Fusion/Bobbie	
9:00-9:50am Core Fusion/Bobbie					
10:00-10:50am Abs & Toning/Missy	9:30-10:20am Kickboxing/Bridgett	9:15-10:15am Stability Ball Strength Training/Bobbie	9:30-10:20am Kickboxing/Bridgett	9:30-10:20am Core & Sculpting/Mathias	
3:00-4:00pm Cardio Interval/Lisa					
5:00-5:50pm Tabata-HIIT/Angela					
6:00-6:50pm Kickboxing/Angela					
Water Exercise: Aquatic Center					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:50am Aquacise/Christine	8:00-9:00am DEEP WATER/Mary	7:00-7:50am Aquacise/Christine	8:00-9:00am DEEP WATER/Mary		
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 Aquacise/Bridget	
9:00-10:00am RipTide/Bobbie	9:00-10:00am Water Works/Michele	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 Aquaerobics/Jeanne			5:00-6:00pm Aqua Bootcamp/Angela	
			11:00-12:00pm Aquaerobics/Jeanne		
6:00-7:00pm Aquacise/Arlene	7:00-8:00pm Aquacise/Jodie	6:00-7:00pm Aquacise/Arlene	7:00-8:00pm Aquacise/Lynda	6:00-7:00pm Golden Wave/Arlene	schedule subject to change 1-17-20