



# RACINE FAMILY YMCA – Sealed Air Branch

Fitness Schedule: Fall 2018

Tu, September 4 - Sa, December 22, 2108

Cardio-Strength: Studio A-B					
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	8:30-9:25am PILOXING® /Julie	8:30-9:20am Mature Muscles/Cherie	8:30-9:20am Light Toning Balance/Cherie	8:30-9:20am Boomers Cardio Circuit/Josie	7:45-8:55am Extreme Step Interval/Michel
9:00-9:50am Step/Missy	9:30-10:20am Silver Sneakers Classic®/Mathias	9:30-10:20am Mature Muscles/Cherie	9:30-10:00am Silver Sneakers YOGA®/Josie	9:30-10:25am Step/Missy	
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	
12:00-12:55pm Strength, Sculpt & Balance/Cherie	12:00-12:50pm Metabolic Meltdown/Angela	12:00-12:55pm Strength, Sculpt & Balance/Cherie	12:00-12:50pm Metabolic Meltdown/Angela	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		
	5:55-6:40pm Gutts N Butts/Michel	6:00-7:00pm ZUMBA®/Colleen	5:55-6:40pm Gutts N Butts/Michel	6:00-7:00pm ZUMBA®/Colleen Fitness Dance/Keri	

Cardio-Strength: CNH Gym					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30am ZUMBA®/Hope		9:30-10:30am ZUMBA® Toning/Andrea		9:30-10:30am ZUMBA®/Andrea	
6:00-7:00pm ZUMBA®/Robin					

Cardio-Strength-Yoga: Mead Witter					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:05-6:00am Core DeForce® /Gavin		
8:00-9:00am Pilates/Bobbie		8:00-9:00am Vinyasa Flow Yoga/Bobbie		8:00-8:50am Body Fusion/Bobbie	7:00-7:45am Tabata-HIIT/Rachel
9:00-9:50am Core Fusion/Bobbie	9:30-10:20am Kickboxing/Bridgett		8:40-9:25am Hot HIIT/Julie		
10:00-10:50am Abs & Toning/Missy			9:30-10:20am Kickboxing/Bridgett	10:30-11:20am Abs & Toning/ Missy	
5:00-5:50pm Tabata-HIIT/Karen					schedule subject to change
6:00-6:50pm Kickboxing/Karen					

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



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Yoga-Pilates: Spirit Mind Body Studio - Mead Witter					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:15am Pilates/Kelly				
	7:30-8:30am Gentle Yoga/Julie		7:30-8:45am Gentle Yoga/Kelly H		
8:00-9:00am Pilates/Bobbie Mead Witter		8:00-9:00am Vinyasa Flow Yoga/Bobbie Mead Witter	9:30-10:00am Silver Sneakers YOGA®/Josie Studio AB	8:00-9:00am Pilates/Andrea	
8:30-9:30am Hatha Yoga/Chloe	9:00-9:50am Pilates/Andrea		9:00-9:50am Pilates/Andrea	9:30-10:45am Yoga/Bobbie	9:00-10:00am Yoga-Pilates/Varies
	10:00-10:50am Pilates/Andrea		10:00-10:50am Pilates/Andrea	11:00-11:50am AOA/Arlene	
11:00-12:00pm Yoga /Chloe	11:00-12:15pm Yoga/Charlie	12:00-1:00pm Vinyasa Yoga /Chloe	11:00-12:15pm Yoga/Chloe	12:00-1:00pm Chair Yoga/Arlene	
4:15-5:15pm Vinyasa-Flow Yoga/Lisa					1st Sat: Yoga 2nd Sat: Pilates 3rd Sat: Yoga
5:30-6:30pm Yoga/Lisa W		5:30-6:30pm Yoga/Doris	5:30-6:30pm Yoga/Lisa P CANCELLED		4th Sat: Pilates 5th Sat: Yoga
			7:00p-8:00pm Pilates Stretch/Jeanne		
Indoor Cycling: Cycling Studio					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:30am Cycle/Michel			5:15-6:30am Cycle/Michel	
	9:00-10:00am Cycle/Michel	9:30-10:30am Cycle/Tim-Rachel F	9:00-10:00am Cycle/Michel		9:00-10:00am Cycle/Gina-Tim
		11:00-11:30am Cycle 30/Cherie			10:15-11:15am Cycle/Tom
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	starts: December 1st
5:00-6:30pm Cycle/Colleen	6:00-7:00pm Cycle/ Tom	6:00-7:00pm Cycle/Tim	7:00-8:00pm Cycle/Tim	5:30-6:30pm Cycle/Colleen	Pick up your cycle pass at Welcome Center Desk.
Water Exercise: Aquatic Center					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:50am Aquacise/Christine		7:00-7:50am Aquacise/Christine			
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 Water Works/Michele		9:00-10:00am Water Works/Michele	9:00-10:00am Deep Water Aquacise/Sue	
			10:05-10:50am Aqua Zumba/Romi		
	11:00-12:00pm Aqarobics/Jeanne		11:00-12:00pm Aqarobics/Jeanne		
6:00-7:00pm Aquacise/Arlene		6:00-7:00pm Aquacise/Arlene		6:00-7:00pm Golden Wave/Arlene	

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

Classes with low enrollments will be cancelled