



RACINE FAMILY YMCA – Sealed Air Branch

Fitness Schedule: Fall 2019

Tu, September 3 – Sa, December 21, 2019

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 Mature Muscles - 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 Core & Sculpting /Cherie	10:30-11:30am Free Weights /Michel	10:30-11:20am Core & Sculpting /Charlie	10:10-10:50am Free Weights /Michel	10:30-11:20am Abs Toning /Missy	
11:00-11:50am Mature Muscles /Cherie		11:30-12:00pm Mature Muscles - Light Toning Balance /Cherie	11:00-11:50am Mature Muscles /Cherie	11:00-11:50am AOA /Arlene SMB Studio	
12:00-12:55pm Core & Strength /Cherie	12:00-12:50pm Metabolic Meltdown /Kari	12:00-12:55pm Core & Strength /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		5:55-6:40pm Gutts N Butts /Michel	6:00-7:00pm ZUMBA® /Colleen WERQ® /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		6:00-7:00pm ZUMBA® /Colleen			
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			
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	6:30-7:30pm Cycle /Tim	6:30-7:30pm Cycle /Tim	5:15-6:05pm Cycle /Colleen	

NAME: _____
 EMAIL: _____

Register online @ 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		7:30-8:30am Gentle Yoga/Kelly H	8:00-9:00am Pilates/Andrea	9:00-10:00am Yoga-Pilates/Varies
8:30-9:30am Hatha Yoga/Chloe	9:00-9:50am Pilates/Andrea		9:00-9:50am Pilates/Andrea		
			9:30-10:00am Silver Sneakers YOGA®/Josie Studio AB	9:30-10:45am Yoga/Bobbie	
	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	1st Sat: Yoga 2nd Sat: Pilates 3rd Sat: Yoga 4th Sat: Pilates 5th Sat: Yoga
4:15-5:15pm Vinyasa-Flow Yoga/Lisa		12:00-1:00pm Vinyasa Yoga /Chloe		12:00-1:00pm Chair Yoga/Arlene	
5:30-6:30pm Yoga/Lisa		5:30-6:30pm Yoga/Doris	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 NEW Stability Ball Strength Training/Bobbie	9:30-10:20am Kickboxing/Bridgett	9:30-10:20am Core & Sculpting/Mathias	
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		schedule subject to change
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 NEW RipTide/Bobbie	9:00-10:00am Water Works/Michele	9:00-10:00am NEW RipTide/Bobbie	9:00-10:00am Water Works/Michele	9:00-10:00am Deep Water Aquacise/Sue	
	11:00-12:00pm Aquarobics/Jeanne		10:05-10:50am Aqua Zumba/Romi	5:00-6:00pm Aqua Bootcamp/Angela	
			11:00-12:00pm Aquarobics/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	