



# RACINE FAMILY YMCA – Sealed Air Branch

## Fitness Schedule: Winter-Spring 2019

We, January 2 – June 16, 2019

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>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>Adv Abs &amp; Toning</b> /Cherie	10:30-11:30am <b>Free Weights</b> /Michel	10:30-11:20am <b>Adv Abs Toning</b> /Charlie	10:10-10:50am <b>Free Weights</b> /Michel	10:30-11:20am <b>Adv Abs Toning</b> / Mathias	
11:00-11:50am <b>Mature Muscles</b> /Cherie		11:30-12:00pm <b>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>Strength, Sculpt &amp; Balance</b> /Cherie	12:00-12:50pm <b>Metabolic Meltdown</b> /Angela	12:00-12:55pm <b>Strength, Sculpt &amp; Balance</b> /Cherie	12:00-12:50pm <b>Metabolic Meltdown</b> /Angela	12:00-1:30pm <b>Double Step</b> /Michel	
5:00-6:00pm <b>Extreme Interval Step</b> /Michel	5:00-5:50pm <b>Strength Training</b> /Michel		5:00-5:50pm <b>Strength Training</b> /Michel		
	5:55-6:40pm <b>Gutts N Butts</b> /Michel		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
9:30-10:30am <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			

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

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



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**Fitness Schedule: Winter-Spring 2019**

We, January 2 - June 16, 2019

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

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

Classes with low enrollments will be cancelled