



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
September 1st, 2018

Monday			
Time	Class	Location	Instructor
AM Classes			
5:00-6:00	Body Pump	K.F.MultiPurpose	Jess
6:00-6:45	Early Am Special	Multi-Purpose	Jean
8:15-9:00	RPM	Cycling Room	Stacy
8:25-8:55	Express Combat	K.F.MultiPurpose	Sherry
8:45-9:45	Y's Way	Family Gym	Delores
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Liliana
9:05-10:05	Bodypump	K.F.MultiPurpose	Kelly
9:30-10:15	Recycled Teens	Multi-Purpose	Stacy
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Kathy
10:30-11:30	Qigong	K.F. MultiPurpose	Nancy M

PM Classes			
5:00-5:25	Insanity	Multi-Purpose	Ashley
5:30-6:15	TRX	Multi-Purpose	Kendra
5:30-6:30	BodyPump	K.F.MultiPurpose	Ann
6:30-7:00	Core Fusion	Multi-Purpose	Heather
6:35-7:20	Zumba	K.F.MultiPurpose	Katy

Tuesday			
Time	Class	Location	Instructor
AM Classes			
5:00-5:30	CxWorx	K.F. MultiPurpose	Karen
5:30-6:15	RPM	Cycling Room	Jess
8:15-9:00	Intermediate TRX	Multi-Purpose	Jill
9:05-9:45	TRX	Multi-Purpose	Jill
8:30-9:30	Pilates	Spirit-Mind-Body	Renee
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Jan
11:45-12:30	Group Cycling	Cycling Room	Jeff
Group Cycling starts Sept 18th			

PM Classes			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
12:15-12:45	HIIT	Multi-Purpose	Tammy
4:30-5:30	BodyPump	KF MultiPurpose	Michelle M
5:40-6:40	BodyCombat	KF Multi-Purpose	Steph
5:30-6:15	RPM	Cycling Room	Lisa
5:30-6:15	Core & More	Multi-Purpose	Matt
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Aaron

Labor Day Hours: 5-10 AM

5 AM BodyPump

8:15 AM RPM

8:45 AM Y's Way

Stonebridge 5k/Half Marathon

September 29th, 2018 — Leland Park, Roscoe

- Half Marathon 8 AM: \$60

- 5k 8:15 AM \$20

Price increases after Sept 13th.

Belly Dancing is back!

Thursdays 6:30 PM—Register today for September's session.
Begins Sept 6th. Members: \$29; Community: \$41

Yoga Ages

**Heated Vinyasa Yoga, Gentle & Compasivo Yoga are for those 16 years & older. Hatha Yoga are for those 12 & older (Children ages 12-15 must be accompanied by an adult)

Wednesday			
Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyPump	K.F.MultiPurpose	Jess
6:00-6:45	Early Am Special	Multi-Purpose	Jean
8:45-9:45	Y's Way	Family Gym	Brenda P
9:00-10:00	Vinyasa Yoga	Spirit-Mind-Body	Tara
9:00-9:45	Express BodyCombat	K.F.MultiPurpose	Sherry
9:00-9:45	RPM	Cycling Room	Stacy
9:50-10:20	CXWorx	Multi-Purpose	Janette
9/5 & 9/12	Pilates-Yoga Core		Jenn G
9:30-10:15	Recycled Teens	Multi-Purpose	Michelle
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Kathy
10:30-11:30	Qigong	K.F. MultiPurpose	Nancy M

PM Classes			
5:00-5:25	Insanity	Multi-Purpose	Ashley
5:30-6:15	TRX FIT	Multi-Purpose	Lynda
5:30-6:30	BodyPump	K.F.MultiPurpose	Jess
6:35-7:20	Zumba	K.F.MultiPurpose	Katy

Thursday			
Time	Class	Location	Instructor
AM Classes			
5:00-5:30	CxWorx	K.F.MultiPurpose	Karen
5:30-6:15	RPM	Cycling Room	Jess
8:30-9:30	Pilates	Spirit-Mind-Body	Renee
8:30-9:15	Total Body Cond.	Multi-Purpose	Jill
9:30-10:30	BodyPump	K.F.MultiPurpose	Sherry
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Nicki
11:45-12:30	Group Cycling	Cycling Room	Jeff
Group Cycling will start Sept 20th			

PM Classes			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
12:15-12:45	HIIT	Multi-Purpose	Tammy
5:30-6:30	Group Cycle	Cycling Room	Lisa
5:15-5:45	CxWorx	K.F.MultiPurpose	Polly
5:50-6:45	BodyCombat	K.F.MultiPurpose	Polly
6:30-7:30	Hatha Yoga	Spirit-Mind-Body	Brenda

Friday			
Time	Class	Location	Instructor
AM Classes			
5:15-6:05	RPM	Cycling Room	Stacy
6:00-6:45	Early AM Special	Multi-Purpose	Jean
8:30-9:00	CxWorx	K.F.MultiPurpose	Sherry
8:45-9:45	Y's Way	Family Gym	Delores
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Sherry
PM Classes			
12:00-1:00	BodyPump	K.F.MultiPurpose	Kelly
4:30-5:30	BodyPump	K.F. MultiPurpose	Michelle

Saturday			
Time	Class	Location	Instructor
AM Classes			
6:30-7:15	RPM	Cycling Room	Rotation
7:30-8:30	BodyPump	K.F.MultiPurpose	Jess
8:30-9:15	Pilates	Multi-Purpose	Joan
8:30-9:00	CxWorx	K.F.MultiPurpose	Jess
9:00-10:00	Vinayasa Yoga	Spirit, Mind, Body	Tara
9/1 Brenda:	Hatha		
9:05-10:05	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Compasivo Yoga	Spirit, Mind, Body	Kathy
10:15-11:15	Zumba	K.F.MultiPurpose	Jillian
10:30-11:30	KickBoxing	Multi-Purpose	Lucy
11:30-12:00	Self-Defense	Multi-Purpose	Lucy

Sunday			
Time	Class	Location	Instructor
AM Classes			
9:00-9:45	RPM	Cycling Room	Jess
9:00-9:30	Express Combat	K.F.MultiPurpose	Katy
9:35-10:20	Zumba	K.F.MultiPurpose	Katy
10:30-11:45	Mindful Yin	Spirit-Mind-Body	Kathy



Ironworks Branch
501 Third Street
Beloit, WI
www.statlineymca.org



ROSCOE BRANCH Group Exercise Schedule

Effective
September 1st, 2018

Monday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Stacy
5:30-6:30	Boot Camp	Gym	Mark/Amy
7:45-9:00	Step	Gym	Sarah
9:05-10:05	Restorative Stretch	Gym	Jenn
10:10-11:10	Sr. Fit	Gym	Nancy J.
PM Classes			
Noon-1:00	BodyPump	Gym	Jan
1:00-1:55	SilverSneakers	Gym	Joni/Jan
5:35-6:35	BodyPump	Gym	Renee
6:40-7:40	BodyCombat	Gym	Polly

Tuesday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	BodyPump	Gym	Stacy
8:00-8:45	Group Cycling	Cycling Room	Jeff
Group Cycling will start Sept 18th			
8:15-9:00	Express BodyPump	Gym	Jill
9:05-9:50	BodyCombat	Gym	Ann H/Ann M
10:00-11:00	Pilates	Gym	Joan
PM Classes			
6:35-7:35	Zumba	Gym	Lynette

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Stac
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:25-8:55	PiYo	Gym	Tracy
9:00-10:05	Step	Gym	Tracy
10:10-11:10	Sr. Fit	Gym	Nancy J.
PM Classes			
1:00-1:55	SilverSneakers	Gym	Joni
5:35-6:35	BodyPump	Gym	Renee
6:40-7:40	BodyCombat	Gym	Polly

Thursday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	BodyPump	Gym	Stacy
8:00-8:45	Group Cycling	Cycling Room	Jeff
Group Cycling will start Sept 18th			
8:15-9:00	Express BodyPump	Gym	Rotation
9:05-9:50	BodyCombat	Gym	Ann M
10:00-10:45	Pilates	Gym	Joan
PM Classes			
6:35-7:35	Zumba	Gym	Jillian/Lynette

Friday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyFlow	Gym	Jess
8:00-8:55	Step	Gym	Sarah
9:00-10:00	BodyFlow	Gym	Ann M.
10:10-11:10	Sr. Fit	Gym	Nancy J.
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan

Saturday

Time	Class	Location	Instructor
AM Classes			
6:45-7:45	BodyPump	Gym	Renee F.
8:00-9:00	BodyCombat	Gym	Polly F.

Sunday

Time	Class	Location	Instructor
8:15-9:00	BodyPump	Gym	Emily M.
9:05-9:35	CxWorx	Gym	Emily M.
9:40-10:25	BodyFlow	Gym	Emily M.

Labor Day Hours: 5-10 AM

7:45-9 AM Step
9:05-10 AM HIIT

Stonebridge 5k/Half Marathon

September 29th, 2018 — Leland Park, Roscoe
- Half Marathon 8 AM: \$60
- 5k 8:15 AM \$20

Price increases after Sept 13th. Sign up online at <https://runsignup.com/Race/IL/Roscoe/>

StoneBridgeHalfMarathonand5k

Not a runner? Be involved by volunteering! Contact Ann Matuska for more info: amatuska@statineymca.org

KARATE IS COMING TO ROSCOE IN OCTOBER!

Karate Clinics in Sept!

Download our Stateline Family YMCA App to stay up to date on our classes!

*Please don't forget to turn on your notifications within the app.



Roscoe Branch
9901 Main St.
Roscoe, IL
www.statineymca.org

For more information, please contact Ann Matuska at 815-623-5858

*Group exercise schedule is subject to instructor and schedule changes at any time. Please visit our website for the most up-to-date schedule. www.statineymca.org