



# ROSCOE BRANCH Group Exercise Schedule

Effective  
November 1st, 2018

## Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	Group Cycling	Cycling Room	Stacy
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:00-9:00	Step	Gym	Sarah
9:05-10:05	Restorative Stretch	Gym	Jenn
10:10-11:10	Sr. Fit	Gym	Nancy J.
<b>PM Classes</b>			
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
<b>AM Classes</b>			
5:30-6:30	BodyPump	Gym	Stacy
8:00-8:45	Group Cycling	Cycling Room	Jeff
8:15-9:00	Express BodyPump	Gym	Jill
9:05-9:50	BodyCombat	Gym	Ann H/Ann M
10:00-10:45	Pilates	Gym	Joan
<b>PM Classes</b>			
6:35-7:35	Zumba	Gym	Lynette

## Wednesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	Group Cycling	Cycling Room	Stacy
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.
<b>PM Classes</b>			
1:00-1:55	SilverSneakers	Gym	Joni
5:35-6:35	BodyPump	Gym	Kelly
6:40-7:40	BodyCombat	Gym	Polly

## Thursday

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

## Friday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-6:00	BodyFlow	Gym	Jess
8:00-8:55	Step	Gym	Sarah
9:05-10:05	BodyFlow	Gym	Ann M.
10:10-11:10	Sr. Fit	Gym	Nancy J.
<b>PM Classes</b>			
1:00-1:55	SilverSneakers	Gym	Jan

## Saturday

Time	Class	Location	Instructor
<b>AM Classes</b>			
6:30-7:30	BodyPump	Gym	Renee F.
7:35-8:05	CxWorx	Gym	Polly F.
8:10-9:10	BodyCombat	Gym	Polly F.
9:15-10:15	Zumba	Gym	Nicole

## Sunday

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

### Healthy Snacking

November 13th 5:30-6:30 PM

Need some new snack ideas to add to your routine? Cut out the processed snacks and sign up for this class and learn easy, quick and healthy snacks to make for you and your family. There will be prep & a cooking demo!

**\$7/Members; \$15/Community**

### THE FLU ENDS WITH YOU

November 12th 9:30-10:30 AM with Holistic Nurse Practitioner, Karen Radtke. Prepare yourself for cold & flu season with healthy tips to stay well and avoid getting sick.

**Members: FREE—Community; \$10**

### THANKSGIVING HOURS: 5-10 AM

Roscoe Classes:

5:30-6:30 AM BodyPump  
7:30-8:15 AM Group Cycling  
9:00-10:00 AM BodyCombat

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.statlineymca.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.statlineymca.org