



# ROSCOE BRANCH Group Exercise Schedule

Effective  
September 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
7:45-9:00	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
<b>Group Cycling will start Sept 18th</b>			
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
<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	Renee
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
<b>Group Cycling will start Sept 18th</b>			
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>			
6:35-7:35	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
9:00-10:00	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>			
6:45-7:45	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](mailto: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.



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9901 Main St.  
Roscoe, IL  
[www.statineymca.org](http://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](http://www.statineymca.org)