



ROSCOE BRANCH Group Exercise Schedule

Effective
July 1st, 2018

Monday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	Boot Camp	Gym	Mark/Amy
7:45-9:00	Step	Gym	Sarah
9:05-10:05	Restorative Stretch	Gym	Jen
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
8:15-9:00	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

Foam Rolling Clinic Tuesday, July 10th 5:30 - 6:15 PM

Come and join Joan Bursinger, Pilates mat certified (level 2) instructor, as she leads this clinic on how to improve flexibility, blood flow, and circulation using the foam roller. We will provide the rollers, but feel free to bring your own. The foam roller is a great tool for reducing pain and sore muscles.

Discover Your Health August 1st 8:30 - 11 AM

Karen Radtke, Holistic Nurse Practitioner from Integral Health Solutions, will be at our Roscoe location on Wednesday, August 1st from 8:30 - 11 am. She will be offering valuable diabetes related screenings such as waist circumference, BMI calculations, sugar readings, and body composition testing. An ounce of prevention is worth a pound of cure! FREE to members.

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:15 AM	Running Club	Leland Park	
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:15-8:45	PiYo	Gym	Tracy
9:00-10:10	Step	Gym	Ann M.
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

Thursday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	BodyPump	Gym	Stacy
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.
9:00-9:45	Zumba	Gym	Jillian/Lynette

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.



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

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.

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