



# IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective  
July 1st, 2018

## Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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	Micole
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	CxWorx	Multi-Purpose	Morgan
6:35-7:20	Zumba	K.F.MultiPurpose	Katy

## Tuesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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	Beginner TRX	Multi-Purpose	Jill
8:30-9:30	Pilates	Spirit-Mind-Body	Renee
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Jan

### PM Classes

12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
<b>*No Stretch &amp; Strength 7/17</b>			
12:15-12:45	HIIT	Multi-Purpose	Tammy
<b>*No HIIT 7/2</b>			
4:30-5:15	Express BodyPump	KF MultiPurpose	Renee F
5:25-6:25	BodyCombat	KF Multi-Purpose	Steph
5:30-6:15	RPM	Cycling Room	Lisa
5:30-6:15	Core & More	Multi-Purpose	Michelle
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Aaron

## PASSPORT 2 SUMMER FUN

Pick up your July Passport now! Complete our monthly challenges & get rewarded at the end of each month!

### 4th of July Hours: 5-10 AM

BodyPump: 5 AM, RPM: 8 AM, Y's Way: 8:45 AM; Zumba: 9 AM

## Whole food, Plant Based Diet: Get Your Health Back on Track

Presented by: Dr. Thomas Boeve

Tuesday, July 10th, 2018

5:30-6:30pm

Kerry Nutrition Education Room \*Light refreshments provided\*

### 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*)

### YOUTH WELLNESS

More youth wellness open times in July! Sundays & Tuesdays for ages 10-13 to use the Wellnes Center. Check with the front desk on dates!

## Wednesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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	Heated Vinyasa	Spirit-Mind-Body	Brenda
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	Morgan
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
<b>AM Classes</b>			
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

### PM Classes

12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
<b>*No Stretch &amp; Strength 7/12, 7/19</b>			
12:15-12:45	HIIT	Multi-Purpose	Tammy
<b>*No HIIT 7/5</b>			
5:30-6:30	Group Cycle	Cycling Room	Lisa
5:15-5:45	CxWorx	K.F.MultiPurpose	Jess
5:50-6:45	BodyCombat	K.F.MultiPurpose	Polly
6:30-7:30	Hatha Yoga	Spirit-Mind-Body	Brenda

## Friday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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	Morgan
8:45-9:45	Y's Way	Family Gym	Delores
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Morgan
<b>PM Classes</b>			
12:00-1:00	BodyPump	K.F.MultiPurpose	Kelly
4:30-5:30	BodyPump	K.F. MultiPurpose	Michelle

## Saturday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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	Yoga Rotation	Spirit, Mind, Body	Rotation
7/7	Brenda: Hatha		
7/14	Aaron: Hatha		
7/21	Micole: Vinyasa		
7/28	Brenda: Hatha		
9:05-10:05	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Compasivo Yoga	Spirit, Mind, Body	Kathy
10:30-11:15	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
<b>AM Classes</b>			
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.statelineymca.org



# ROSCOE BRANCH Group Exercise Schedule

Effective  
July 1st, 2018

## Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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
8:15-9:00	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

### 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
<b>AM Classes</b>			
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.
<b>PM Classes</b>			
1:00-1:55	SilverSneakers	Gym	Joni
5:35-6:35	BodyPump	Gym	Renee

## Thursday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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
<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.
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