



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
Jan 1st, 2020

Monday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	Body Pump	K.F.MultiPurpose	Jess
6:00-6:45	Early Am Special	K.F.Multi-Purpose	Jean
8:15-9:00	RPM	Cycling Room	Stacy
8:35-9:05	Express Combat	K.F.MultiPurpose	Sherry
8:45-9:45	Y's Way	Main Gym	Delores
9:00-10:00	Bilingual Vinyasa	Spirit-Mind-Body	Liliana
9:15-10:15	Bodypump	K.F.MultiPurpose	Teri
9:30-10:15	Recycled Teens	Multi-Purpose	Stacy
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Liliana
10:30-11:30	Intermediate Qigong	K.F.MultiPurpos	Nancy M.
11:30-12:15	Beginner Qigong	K.F.MultiPurpose	Nancy M.
PM Classes			
4:45-5:30	Tabata	Multi-Purpose	Steph
5:30-6:15	TRX	Multi-Purpose	Kendra
5:30-6:30	BodyPump	K.F.MultiPurpose	Sheila
6:00-7:00	Bilingual Vinyasa	Spirit-Mind-Body	Liliana
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
5:15-6:00	RPM	Cycling Room	Jess
8:15-9:00	Intermediate TRX	Multi-Purpose	Jill
9:05-9:45	TRX	Multi-Purpose	Jill
9:05-9:35	Cardio Express	K.F.MultiPurpose	Sherry
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
PM Classes			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
4:30-5:30	BodyPump	K.F. Multi-Purpose	Dawn
5:40-6:40	BodyCombat	K.F. Multi-Purpose	Polly
5:30-6:15	RPM	Cycling Room	Lisa
5:30-6:15	ROM Strength/Core	Multi-Purpose	Matt
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Liliana

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyPump	K.F.MultiPurpose	Jess
6:00-6:45	Early Am Special	K.F.Multi-Purpose	Jean
8:15-9:00	RPM	Cycling Room	Stacy
8:35-9:05	Express Combat	K.F. Multi-Purpose	Sherry
8:45-9:45	Y's Way	Main Gym	Brenda P
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Liliana
9:05-9:35	CxWorx	Multi-Purpose	Janette
9:25-10:10	Recycled Teens	Multi-Purpose	Michelle T
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Liliana
10:30-11:30	Intermediate Qigong	K.F.MultiPurpose	Nancy M.
11:30-12:15	Beginner Qigong	K.F.MultiPurpose	Nancy M.
PM Classes			
5:00-5:25	CxWorx	Multi-Purpose	Heather
5:30-6:15	TRX FIT	Multi-Purpose	Kendra
5:30-6:30	BodyPump	K.F.MultiPurpose	Dawn
6:30-7:30	Heated Vinyasa	Spirit-Mind-Body	Liliana
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
5:15-6:00	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	Teri
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Nicki
11:45-12:30	Group Cycling	Cycling Room	Jeff
PM Classes			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
4:30-5:15	RPM	Cycling Room	Renee F
5:30-6:30	Group Cycle	Cycling Room	Lisa
5:15-5:45	CxWorx	K.F.MultiPurpose	Polly
5:30-6:15	ROM Strength/Core	Multi-Purpose	Matt
5:50-6:45	BodyCombat	K.F.MultiPurpose	Polly
6:30-7:45	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	K.F.Multi-Purpose	Jean
8:30-9:00	CxWorx	K.F.MultiPurpose	Jill
8:45-9:45	Y's Way	Main Gym	Delores
9:00-9:45	Pilates	Spirit,Mind,Body	Joan
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Sherry
PM Classes			
12:00-1:00	BodyPump	K.F.MultiPurpose	Rotation
4:30-5:30	BodyPump	K.F. MultiPurpose	Dawn
5:30-6:15	BodyCombat	Multi-Purpose	Sarah

Saturday

Time	Class	Location	Instructor
AM Classes			
6:30-7:15	RPM	Cycling Room	Jess
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	Heather
No CxWorx 1/4 due to BodyAttack training			
8:45-9:30	Keiser Metrics	Cycling Room	Lisa/Jeff
9:00-10:00	Yoga	Spirit, Mind, Body	Rotation
1/4 Heated Hatha: Brenda			
1/11 Heated Vinyasa: Jess V.			
1/18 Heated Vinyasa: Liliana			
1/25 Heated Vinyasa: Sonya			
9:10-10:10	BodyCombat	K.F.MultiPurpose	Katy
No BodyCombat 1/4 due to BodyAttack training			
10:30-11:45	Gentle Yoga	Spirit, Mind, Body	Kathy
10:15-11:15	Zumba	K.F.MultiPurpose	Jillian
No Zumba 1/4 due to BodyAttack Training			

Sunday

Time	Class	Location	Instructor
AM Classes			
9:00-9:45	RPM	Cycling Room	Stacy
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
<i>*Combat & Zumba on 1/5 will take place in the Multi-Purpose</i>			

START STRONG: Group Wellness Sessions

Mondays in January 4-5 PM

1/6 Cardio Equipment & Classes Overview

1/13 Strength Machines

1/20 Cable Machines & Synergy 360

1/27 Weight Room Orientation

Group Wellness is FREE for members and recommended for new members or anyone who wants to learn more about the Wellness Center and the machines and classes. Take 3 out of the 4 sessions and receive a FREE YMCA branded sweat towel—yours to keep! No registration necessary—Meet in the 2nd level lobby!

Qigong & Tai Chi Demo: Jan 20th 10 AM

Basketball Gym—FREE

Are you interested in what Qigong or Tai Chi is all about? Nancy Mayhew and her class will be doing a demo in the basketball gym on Jan 20th at 10 am! Join them to learn more about the class.

Belly Dancing—4 Week Sessions

Begins January 9th! Thursdays 6:30 PM—Registration Required

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*)

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





ROSCOE BRANCH Group Exercise Schedule

Effective
Jan 1st, 2020

Monday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Liz
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:00-9:00	Step	Gym	Ann M.
9:05-10:05	Restorative Stretch	Gym	Jenn
10:10-11:10	Sr. Fit	Gym	Michelle
PM Classes			
Noon-1:00	BodyPump	Gym	Jan
1:00-1:55	SilverSneakers	Gym	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
8:15-9:00	Express BodyPump	Gym	Jill S
9:05-9:55	BodyCombat	Gym	Ann H/Ann M
10:05-10:50	Pilates	Gym	Joan
PM Classes			
6:50-7:50	Zumba	Gym	Lynette/Jillian

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Liz
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:30-9:15	Tabata	Gym	Ashley
10:10-11:10	Sr. Fit	Gym	Lisa
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan
5:35-6:35	BodyPump	Gym	Polly/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
8:15-9:00	Express BodyPump	Gym	Jill S
9:05-9:55	BodyCombat	Gym	Steph
10:05-10:50	Pilates	Gym	Joan
PM Classes			
4:30-5:15	Group Cycling	Cycling Room	Liz

START STRONG: Group Wellness Sessions

Wednesdays in January at 9 AM

Group Wellness is FREE for members and recommended for new members or anyone who wants to learn more about the Wellness Center and the machines and classes. Take the 2 sessions and receive a FREE YMCA branded sweat towel—yours to keep! No registration necessary—Meet in the lobby!

SMALL GROUP PERSONAL TRAINING!

Sign up with one of our Certified Personal Trainers for this 5-week small group personal training challenge.

Members: \$120; Community: \$200

Team Cortnee: Thursdays 6 PM Roscoe

Team Matt: Thursdays 10 AM Roscoe, Thursdays 6:30 PM Beloit

Team Janette: Wednesdays 10 AM Beloit

YOGURT PARFAIT BAR

Monday, Jan 6th 5:30-6:30 PM

Thursday, Jan 9th 5:30-6:30 PM

Cortnee will be showing you tips, recipes and handing out free samples of healthy protein packed parfaits. FREE demo at the Roscoe Branch!

Friday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyFlow	Gym	Jess
8:00-8:55	Step	Gym	Tracy
9:05-10:05	Piyo	Gym	Tracy
10:10-11:10	Sr. Fit	Gym	Nancy S.
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan

Saturday

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

Sunday

Time	Class	Location	Instructor
8:15-9:15	BodyPump	Gym	Polly
9:20-9:50	CxWorx	Gym	Polly



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