



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
July 1st, 2019

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	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
6:00-7:00	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

PM Classes

12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
4:30-5:15	Express 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	Core & More	Multi-Purpose	Matt
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Aaron

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	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	Ashley
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	Sherry
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Nicki

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	Core & More	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	Core Fusion/CX	K.F.MultiPurpose	Ashley/Jill
8:45-9:45	Y's Way	Main Gym	Delores
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Sherry
PM Classes			
12:00-1:00	BodyPump	K.F.MultiPurpose	Kelly
4:30-5:30	BodyPump	K.F. MultiPurpose	Renee

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	Jess
9:00-10:00	Yoga	Spirit, Mind, Body	Rotation
7/6 Heated Vinyasa: Jess			
7/13 Hatha: Brenda			
7/20 Heated Vinyasa: Jess			
7/27 Heated Vinyasa: Lily			
9:10-10:10	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Compasivo Yoga	Spirit, Mind, Body	Kathy
10:15-11:15	Zumba	K.F.MultiPurpose	Jillian

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

FAMILY ADVENTURE TRAINING

July 20th—August 17th Saturdays 10-11 AM

Have fun this summer with your child and get healthy together! Join Matt for our Family Adventure Training. This class will meet Saturdays from 10-11 AM for 5-weeks to help you prepare for any mudruns and/or the Beloit Dirty Dash this Summer!

Ages 4-17 — any child ages 4-15 must be with an adult.

Members: \$59 (up to 2 family members)

Community: \$89 (up to 2 family members)

Register by July 16th!!

YOUTH STRENGTH CLASS

TUESDAYS from 10-11 AM at Ironworks

For anyone age 10-17 who wants to work on getting stronger this summer! Each child must complete a Youth Wellness or Teen Orientation prior to taking the classes. Each class is \$5.

Do you have our NEW APP!? This app has the ability to do challenges, connect with your fitness devices, record your workouts, create goals AND earn points!! Search "Stateline Family YMCA" in your app store—it's the orange icon!

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

THURSDAY, JULY 4th: We are open 4:45 AM—10 AM
Check our app for classes offered!



ROSCOE BRANCH Group Exercise Schedule

Effective
July 1st, 2019

Monday

Time	Class	Location	Instructor
AM Classes			
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	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
8:15-9:00	Express BodyPump	Gym	Jill
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

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:25-9:30	Step	Gym	Tracy
10:10-11:10	Sr. Fit	Gym	Cathy
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan
5:35-6:35	BodyPump	Gym	Kelly
6:40-7:40	BodyCombat	Gym	Polly

Thursday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	BodyPump	Gym	Stacy
8:15-9:00	Express BodyPump	Gym	Jill S
9:05-9:55	BodyCombat	Gym	Ann M
10:05-10:50	Pilates	Gym	Joan
PM Classes			
6:50-7:50	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
9:05-10:05	BodyFlow	Gym	Ann M.
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 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.

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Roscoe Branch
9901 Main St.
Roscoe, IL
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