



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
March 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

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
6:30-7:00	Core Fusion	Multi-Purpose	Heather
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
12:15-12:45	Power Cardio 30	K.F. Multi-Purpose	Tammy
5:40-6:40	BodyCombat	K.F. Multi-Purpose	Steph/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	Heidi
March 13, 20, 27: Liliana			
9:05-9:35	CXWorx	Multi-Purpose	Janette
9:15-10:00	Recycled Teens	Multi-Purpose	Michelle T
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Kathy

PM Classes

5:00-5:25	Insanity	Multi-Purpose	Ashley
5:30-6:15	TRX FIT	Multi-Purpose	Kendra
5:30-6:30	BodyPump	K.F.MultiPurpose	Jess
6:00-7:00	Heated Vinyasa	Spirit-Mind-Body	Heidi
March 13, 20, 27: 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
11:45-12:30	Group Cycling	Cycling Room	Jeff
PM Classes			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
12:15-12:45	Power Cardio 30	K.F. Multi-Purpose	Tammy
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	CxWorx	K.F.MultiPurpose	Megan
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	Stacy/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
3/2 Heated Vinyasa: Sonya 3/23 Heated Vinyasa: Aaron			
3/9 Heated Vinyasa: Jessica 3/30 Heated Vinyasa: Liliana			
3/16 Heated Hatha: Brenda			
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	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

Pre/Post Workout Foods

Thursday, March 28th—5 PM: Kerry Nutrition Room
Beloit Health System's Dietician, Ellen Rippl will be at the Y talking about what foods are best for before and after your workout. Join us!

Members: FREE!

Kid's Cooking Class

Tuesday, March 26th—5 PM: Kerry Nutrition Room
For kids ages 6-12. Join Wellness Coach Matt as he hosts another hands-on cooking class for kids! Limited to 10 kids, so register today. **Members: \$15; Community: \$25**

SPIN-A-THON

Sunday, March 17th—8AM-12PM
Spin instructors are raising funds to make improvements in the Cycling Room at Ironworks. **\$10/class**. 4 great class options! Register today.

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.statelineymca.org



ROSCOE BRANCH Group Exercise Schedule

Effective
March 1st, 2019

Monday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Stacy
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	Nancy J.
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
9:05-9:50	BodyCombat	Gym	Ann H/Ann M
10:00-10:45	Pilates	Gym	Joan
PM Classes			
6:50-7:50	Zumba	Gym	Lynette

Wednesday

Time	Class	Location	Instructor
AM Classes			
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.
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
8:00-8:45	Group Cycling	Cycling Room	Jeff
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			
6:50-7:50	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 J.
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.

NOW HIRING

Certified Personal Trainers

Group Exercise Instructors: Cycling Instructor

Are you passionate about fitness? Join our team today and pick up an application.

ANTI-BULLYING CLINIC

March 16th, 11 AM—12 PM; Roscoe Branch

Parents & children, join us for this anti-bullying presentation designed to empower individuals against bullies. Nick Schneider from Amerikick Martial Arts will teach kids how to recognize a bully & show some self defense moves so kids can protect themselves if needed.

Members & Community: FREE

Save the date:

Heart Health Screening: April 15th 8:30-10AM

FREE mini screening for Heart Health



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