



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
May 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
6:30-7:30	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
Last Class for Group Cycling is May 23rd			

PM Classes

12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
12:15-12:45	Power Cardio 30	K.F. Multi-Purpose	Tammy
4:30-5:15	Express BodyPump	K.F. Multi-Purpose	Dawn
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
April 3: 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

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	Dawn
6:30-7:30	Heated Vinyasa	Spirit-Mind-Body	Liliana
April 3: 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
Last Class for Group Cycling is May 23rd			

PM Classes

12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
12:15-12:45	Power Cardio 30	K.F. Multi-Purpose	Tammy
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	K.F.MultiPurpose	Ashley
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
5/4 Heated Vinyasa: Heidi			
5/11 Heated Vinyasa: Liliana			
5/18 Heated Vinyasa: Sonya			
5/25 Heated Vinyasa: Jess			
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

NUTRITION LABEL READING

Thursday, May 9th: 10 AM: Kerry Nutrition Room

Beloit Health System's Dietician, Sam Skowronski will be talking about what to look for on nutrition labels.

Members: FREE!

Kid's Cooking Class

Tuesday, May 28th—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**

We have a 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



ROSCOE BRANCH Group Exercise Schedule

Effective
May 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	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
Last Group Cycling Class is May 23			
8:15-9:00	Express BodyPump	Gym	Jill
9:05-9:50	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
8:25-8:55	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
Last Group Cycling Class is May 23			
8:15-9:00	Express BodyPump	Gym	Rotation
9:05-9:50	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 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

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

We have a 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!

DID YOU KNOW?!

The Stateline YMCA Gymnastics Team is **Co-Hosting 2019 YMCA Gymnastics Nationals** this June in the Wisconsin Dells! Over 1,700 gymnasts will be competing from 89 teams across the Country.

Want to be apart of this great event? We are looking for Volunteers and Sponsors! Please contact Ashley Hoverson at ahoverson@statineymca.org or at 608-365-2261.

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.

Effective 4/30: NEW APP!



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