



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
November 1st, 2018

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
8:25-8:55	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
9:05-10:05	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
5:30-6:30	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
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	HIIT	Multi-Purpose	Tammy
4:00-5:00	Quiet Hour	Cycling Room	Jeff
5:40-6:40	BodyCombat	KF Multi-Purpose	Steph
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

The Quiet Hour

Drop-in cycling every Tuesday from 4-5 pm. Chill-out to relaxing, meditative music. Detach from a stressful day while revving up your metabolism and burning calories. Instructor available for bike fittings.

THANKSGIVING: Hours 5-10 AM

Join one of our Ironworks Classes:

- 5-5:30 AM CxWorx
- 5:15-6:00 AM RPM
- 8:00-8:45 AM Total Body Conditioning
- 9:00-9:45 AM Express BodyPump
- 9:00-9:45 AM Group Cycling

Roscoe Thanksgiving Classes:

- 5:30-6:30 AM BodyPump
- 7:30-8:15 AM Group Cycling
- 9:00-10:00 AM BodyCombat

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
8:45-9:45	Y's Way	Main Gym	Brenda P
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Heidi
9:05-9:35	CXWorx	Multi-Purpose	Janette
9:30-10:15	Recycled Teens	Multi-Purpose	Michelle T
9:40-10:25	Express BodyCombat	K.F.MultiPurpose	Sherry
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	Jess
5:30-6:30	Heated Vinyasa	Spirit-Mind-Body	Heidi
<i>11/21 Jessica V</i>			
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	HIIT	Multi-Purpose	Tammy
4:00-5:00	Quiet Hours	Cycling Room	Jeff
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			
5:00-5:30	CxWorx	Multi-Purpose	Polly
5:30-6:00	Express BodyCombat	Multi-Purpose	Polly
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	Vinayasa Yoga	Spirit, Mind, Body	Tara
9:05-10:05	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Compasivo Yoga	Spirit, Mind, Body	Kathy
10:15-11:15	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
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



ROSCOE BRANCH Group Exercise Schedule

Effective
November 1st, 2018

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	Joni/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			
6:35-7:35	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	Joni
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.

Healthy Snacking

November 13th 5:30-6:30 PM

Need some new snack ideas to add to your routine? Cut out the processed snacks and sign up for this class and learn easy, quick and healthy snacks to make for you and your family. There will be prep & a cooking demo!

\$7/Members; \$15/Community

THE FLU ENDS WITH YOU

November 12th 9:30-10:30 AM with Holistic Nurse Practitioner, Karen Radtke. Prepare yourself for cold & flu season with healthy tips to stay well and avoid getting sick.

Members: FREE—Community; \$10

THANKSGIVING HOURS: 5-10 AM

Roscoe Classes:

5:30-6:30 AM BodyPump
7:30-8:15 AM Group Cycling
9:00-10:00 AM BodyCombat

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.



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