



# ROSCOE BRANCH Group Exercise Schedule

Effective  
January 2nd, 2018

## Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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.
<b>PM Classes</b>			
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
<b>AM Classes</b>			
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
<b>PM Classes</b>			
6:35-7:35	Zumba	Gym	Lynette

## Wednesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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.
<b>PM Classes</b>			
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
<b>AM Classes</b>			
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
<b>PM Classes</b>			
6:50-7:50	Zumba	Gym	Jillian/Lynette

## Friday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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.
<b>PM Classes</b>			
1:00-1:55	SilverSneakers	Gym	Jan

## Saturday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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.

### Holistic Health & Wellness Program

**Mondays 9 AM Beginning January 14th**

**Thursdays 6 PM Beginning January 17th**

This 5-week program will focus on achieving goals, improving fitness, stress reduction and increased energy.

Limited to 5 people per class so hurry in and sign up!

**\$99/Members; \$175/Community**

**Start the year off right! Sign up for Wellness Coaching. Each adult member gets 3 FREE wellness appointments with one of our Wellness Coaches. Schedule your appointment today at the front desk or over the phone at 815-623-5858.**



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