



# ROSCOE BRANCH Group Exercise Schedule

Effective  
April 2nd, 2018

## Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	Group Cycle	Cycling Room	Stacy
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:00-9:15	Step	Gym	Sarah
9:30-10:00	PiYo	Gym	Tracy
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
5:30-6:30	Group Cycle	Cycling Room	Mark
8:15-9:00	Express BodyPump	Gym	Jill
8:00-8:45	Group Cycle	Cycling Room	Jeff
9:05-9:50	BodyCombat	Gym	Ann H/Ann M
10:00-11:00	BodyFlow	Gym	Ann M.
<b>PM Classes</b>			
Noon-12:45	Pilates	Gym	Joan
6:35-7:35	Zumba	Gym	Lynette

## Wednesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	Group Cycle	Cycling Room	Stacy
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:30-9:00	PiYo	Gym	Tracy
9:05-10:05	Step	Gym	Ann M.
10:10-11:10	Sr. Fit	Gym	Nancy J.
<b>PM Classes</b>			
12:00-1:00	Restorative Stretch	Gym	Jenn
1:00-1:55	SilverSneakers	Gym	Joni
5:35-6:35	BodyPump	Gym	Kelly
6:40-7:40	BodyFlow	Gym	Emily M.

## Thursday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:30	BodyPump	Gym	Stacy
5:30-6:30	Group Cycle	Cycling Room	Mark
8:15-9:00	Express BodyPump	Gym	Rotation
8:00-8:45	Group Cycle	Gym	Jeff
9:05-9:50	BodyCombat	Gym	Ann M
10:00-10:45	Pilates	Gym	Joan
<b>PM Classes</b>			
6:35-7:35	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
9:00-10:00	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>			
6:45-7:45	BodyPump	Gym	Renee F.
8:00-9:00	BodyCombat	Gym	Polly F.
9:00-9:45	Zumba	Gym	Jillian/Lynette

## Sunday

Time	Class	Location	Instructor
8:15-9:00	BodyPump	Gym	Emily M.
9:05-9:35	CxWorx	Gym	Emily M.
9:40-10:25	BodyFlow	Gym	Emily M.

### WHERE EVERYONE KNOWS YOUR GAME Corporate Cup 2018

If your company is interested in joining our Corporate Cup event in September 2018 or becoming a sponsor, please contact Ann Matuska at [amatuska@statelineymca.org](mailto:amatuska@statelineymca.org).

### Friday Night Healthy Hour at Ironworks

April 6th 5:30-7:30 PM  
Restorative Yoga (5:30-6:30 pm); Tea (6:30-7:30 pm)  
Members: \$15; Community: \$30

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.statelineymca.org](http://www.statelineymca.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.statelineymca.org](http://www.statelineymca.org)