



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
March 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	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	Family Gym	Delores
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Heidi
3/19 No Yoga; 3/26 Liliانا			
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
3/26 Liliانا			
10:30-11:30	Qigong	K.F. MultiPurpose	Nancy M
3/26 No Qigong			
PM Classes			
5:00-5:25	Insanity	Multi-Purpose	Ashley
5:30-6:15	TRX	Multi-Purpose	Lynda
6:30-7:15	RPM	Cycling Room	Lynda
5:30-6:30	BodyPump	K.F.MultiPurpose	Ann
6:30-7:00	CxWorx	Multi-Purpose	Morgan
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
5:30-6:15	RPM	Cycling Room	Jess
8:15-9:00	Intermediate TRX	Multi-Purpose	Jill
9:05-9:45	Beginner 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			
12:00-1:00	Hatha Yoga	Spirit-Mind-Body	Brenda
3/13 Aaron; 3/20 Aaron			
12:15-12:45	HIIT	Multi-Purpose	Tammy
4:30-5:15	Express BodyPump	KF MultiPurpose	Renee F
5:20-6:15	BodyCombat	KF Multi-Purpose	Steph
5:30-6:15	RPM	Cycling Room	Lisa
5:30-6:15	Core & More	Multi-Purpose	Steve
6:30-7:15	TRX	Multi-Purpose	Kendra
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Heidi
3/20, Jessica; 3/27 Jessica			

Yoga Ages

****Heated Vinyasa Yoga is for those 16 years & older.**
****Hatha & Compasivo Yoga are for those 12 & older. Children ages 12-15 must be accompanied by an adult.**

Exercise & Nutrition Talks in the Kerry Nutrition Education Center!

Wednesday, March 7th, 6 PM

Do you have an athlete who wants to learn how to enhance performance? Join us on how nutrition takes apart in it. RSVP to Ashley at ahoverson@statelineymca.org

Monday, March 19th, 6:30 PM

Wondering what the best foods to eat before & after exercise? RSVP to Ashley at ahoverson@statelineymca.org and let us know you're attending!

Quick & Healthy Snacks—March 21st 10:15-11:15 AM

Join Dietitian, Angie Flickenger as you learn how to make quick & healthy snacks for you & your family.
 \$15/Members; \$30/Community. Registration ends March 16th!

Wednesday			
Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyPump	K.F.MultiPurpose	Jess
6:00-6:45	Early Am Special	Multi-Purpose	Jean
8:30-9:15	Beginner TRX	Multi-Purpose	Jill
8:45-9:45	Y's Way	Family Gym	Delores
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Heidi
3/21 No Yoga; 3/28 Liliانا			
9:00-9:45	Express BodyCombat	K.F.MultiPurpose	Sherry
9:00-9:45	RPM	Cycling Room	Stacy
9:50-10:20	CxWorx	Multi-Purpose	Tiffany
9:30-10:15	Recycled Teens	Multi-Purpose	Michelle
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Kathy
3/21 No Yoga; 3/28 Liliانا			
10:30-11:30	Qigong	K.F. MultiPurpose	Nancy M
3/28 No Qigong			
PM Classes			
5:00-5:25	Insanity	Multi-Purpose	Ashley
5:30-6:15	TRX FIT	Multi-Purpose	Lynda
5:30-6:30	BodyPump	K.F.MultiPurpose	Jess
6:30-7:20	RPM	Cycling Room	Lynda
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
5:30-6:15	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	Jinger
12:15-12:45	HIIT	Multi-Purpose	Tammy
5:30-6:30	Group Cycle	Cycling Room	Lisa
5:15-5:45	CxWorx	K.F.MultiPurpose	Jess
5:30-6:15	Core & More	Multi-Purpose	Steve
5:50-6:45	BodyCombat	K.F.MultiPurpose	Polly
6:30-7:30	Hatha Yoga	Spirit-Mind-Body	Brenda
3/15 Aaron, 3/22 No Yoga			

Friday			
Time	Class	Location	Instructor
AM Classes			
5:15-6:05	RPM	Cycling Room	Stacy
6:00-6:45	Early Am Special	Multi-Purpose	Jean
8:30-9:00	CxWorx	K.F.MultiPurpose	Morgan
8:45-9:45	Y's Way	Family Gym	Delores
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Morgan
9:30-10:15	Recycled Teens	Multi-Purpose	Stacy
PM Classes			
12:00-1:00	BodyPump	K.F.MultiPurpose	Kelly
12:30-1:00	Insanity	Multi-Purpose	Lynda
4:30-5:30	BodyPump	K.F. MultiPurpose	Michelle

Saturday			
Time	Class	Location	Instructor
AM Classes			
6:30-7:15	RPM	Cycling Room	Rotation
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 Rotation	Spirit, Mind, Body	Rotation
3/3 Sonya (Heated Vinyasa)			
3/10 Jessica (Heated Vinyasa)			
3/17 Brenda (Hatha)			
3/24 Brenda (Hatha)			
3/31 Liliانا (Heated Vinyasa)			
9:05-10:05	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Compasivo Yoga	Spirit, Mind, Body	Kathy
3/24 Liliانا; 3/31 Liliانا			
10:30-11:15	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
3/25 Sonya			



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