



# IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective  
May 1st, 2018

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

<b>PM Classes</b>			
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
6:30-7:00	CxWorx	Multi-Purpose	Morgan
6:35-7:20	Zumba	K.F.MultiPurpose	Katy

Tuesday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
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
<i>No group cycling May 29th</i>			

<b>PM Classes</b>			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinger
12:15-12:45	HIIT	Multi-Purpose	Tammy
4:30-5:15	Express BodyPump	KF MultiPurpose	Renee F
5:25-6:25	BodyCombat	KF Multi-Purpose	Steph
5:30-6:15	RPM	Cycling Room	Lisa
5:30-6:15	Core & More	Multi-Purpose	Steve
6:30-7:30	Qigong	KF MultiPurpose	Nancy M
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Heidi

## MEMORIAL DAY HOURS: 5 - 10 AM

BodyPump 5 AM  
RPM 6 AM  
Y's Way to Fitness 8:45 AM

### Belly Dancing at the Y!

4-week sessions runs May 5-May 24th  
Thursdays 6:30-7:30 PM  
Members: \$29; Community: \$49

### Intro to Yoga\*

What to expect when you attend a yoga class  
Saturday, May 5th — FREE for Members \*Registration Required

### 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*)

Wednesday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-6:00	BodyPump	K.F.MultiPurpose	Jess
6:00-6:45	Early Am Special	Multi-Purpose	Jean
8:30-9:15	TRX	Multi-Purpose	Jill
8:45-9:45	Y's Way	Family Gym	Delores
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Heidi
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
10:30-11:30	Qigong	K.F. MultiPurpose	Nancy M

<b>PM Classes</b>			
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
<b>AM Classes</b>			
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
<i>No group cycling May 31st</i>			

<b>PM Classes</b>			
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

Friday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
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
<i>No class May 25th</i>			
<b>PM Classes</b>			
12:00-1:00	BodyPump	K.F.MultiPurpose	Kelly
4:30-5:30	BodyPump	K.F. MultiPurpose	Michelle

Saturday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
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
5/5 Heidi: Heated Vinyasa			
5/12 Sonya: Vinyasa			
5/19 Brenda: Hatha Yoga			
5/26 Liliana: Heated Vinyasa			
9:05-10:05	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Compasivo Yoga	Spirit, Mind, Body	Kathy
10:30-11:15	Zumba	K.F.MultiPurpose	Jillian

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



Ironworks Branch  
501 Third Street  
Beloit, WI  
www.statelineymca.org



# ROSCOE BRANCH Group Exercise Schedule

Effective  
May 1st, 2018

## Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	Group Cycle	Cycling Room	Stacy
<i>No Group Cycle May 28th</i>			
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
<i>No Group Cycle May 29th</i>			
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
<i>No Group Cycle May 30th</i>			
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
<i>No Group Cycle May 31st</i>			
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.

### MEMORIAL DAY HOURS: 5-10 AM

Join us for Step Class from 8-9:15 AM!

### Diabetes & Health Screening: May 2nd 3-5 pm

Come see Karen Radtke, Holistic Nurse Practitioner as she will test your blood glucose, take waist circumference & BMI reading. This is a FREE event for Members!

### May 5th 10 am: Foam Rolling Clinic

Joan Bursinger, certified Pilates instructor (level 2) through American Fitness Professionals Association, will be holding a foam rolling clinic to discuss what foam rolling can do for you and your workout. Learn the benefits to targeting certain trigger points and release tight muscles.

**Running Club Update:** The running club will be taking a break for May & start back up in June—stay tuned for more details!

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