



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
Nov 1st, 2019

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
8:35-9:05	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
9:15-10:15	Bodypump	K.F.MultiPurpose	Teri
9:30-10:15	Recycled Teens	Multi-Purpose	Stacy
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Liliana
10:30-11:30	Qigong	K.F.MultiPurpose	Nancy M.
11:30-12:15	Beginner Qigong	K.F.MultiPurpose	Nancy M.
PM Classes			
4:45-5:30	Tabata	Multi-Purpose	Steph
5:30-6:15	TRX	Multi-Purpose	Kendra
5:30-6:30	BodyPump	K.F.MultiPurpose	Sheila
6:00-7:00	Bilingual Vinyasa	Spirit-Mind-Body	Liliana
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
9:05-9:35	Cardio Express	K.F.MultiPurpose	Sherry
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
4:30-5:15	Express BodyPump	K.F. Multi-Purpose	Dawn
5:40-6:40	BodyCombat	K.F. Multi-Purpose	Polly
5:30-6:15	RPM	Cycling Room	Lisa
5:30-6:15	ROM Strength/Core	Multi-Purpose	Matt
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Liliana

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
8:35-9:05	Express Combat	K.F. Multi-Purpose	Sherry
8:45-9:45	Y's Way	Main Gym	Brenda P
9:00-10:00	Heated Vinyasa	Spirit-Mind-Body	Liliana
9:05-9:35	CXWorx	Multi-Purpose	Janette
9:25-10:10	Recycled Teens	Multi-Purpose	Michelle T
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Liliana
10:30-11:30	Qigong	K.F.MultiPurpose	Nancy M.
11:30-12:15	Beginner Qigong	K.F.MultiPurpose	Nancy M.
PM Classes			
5:00-5:25	CxWorx	Multi-Purpose	Heather
5:30-6:15	TRX FIT	Multi-Purpose	Ashley
5:30-6:30	BodyPump	K.F.MultiPurpose	Dawn
6:30-7:30	Heated Vinyasa	Spirit-Mind-Body	Liliana
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/Teri
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
4:30-5:15	RPM	Cycling Room	Renee F
5:30-6:30	Group Cycle	Cycling Room	Lisa
5:15-5:45	CxWorx	K.F.MultiPurpose	Polly
5:30-6:15	ROM Strength/Core	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			
5:15-6:05	RPM	Cycling Room	Stacy
6:00-6:45	Early AM Special	K.F.Multi-Purpose	Jean
8:30-9:00	CxWorx	K.F.MultiPurpose	Jill
8:45-9:45	Y's Way	Main Gym	Delores
9:00-9:45	Pilates	Spirit, Mind, Body	Joan
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Sherry
PM Classes			
12:00-1:00	BodyPump	K.F.MultiPurpose	Rotation
4:30-5:30	BodyPump	K.F. MultiPurpose	Dawn
5:30-6:15	BodyCombat	Multi-Purpose	Sarah

Saturday

Time	Class	Location	Instructor
AM Classes			
6:30-7:15	RPM	Cycling Room	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	Heather
9:00-10:00	Yoga	Spirit, Mind, Body	Rotation
11/2 Heated Vinyasa: Heidi			
11/9 Heated Vinyasa: Liliana			
11/16 Heated Vinyasa: Jess V.			
11/23 Heated Hatha: Brenda			
11/30 Heated Vinyasa: Liliana			
9:10-10:10	BodyCombat	K.F.MultiPurpose	Katy
10:30-11:45	Gentle Yoga	Spirit, Mind, Body	Liliana
10:15-11:15	Zumba	K.F.MultiPurpose	Jillian

Sunday

Time	Class	Location	Instructor
AM Classes			
9:00-9:45	RPM	Cycling Room	Stacy
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	Sonya/Kathy
*No Yin 11/10			

Tai Chi: New Session this November!

Friday Mornings—Nov. 15th—Jan. 3rd
Beginner & Intermediate—Sign up today!

2-Week Belly Dancing Clinics: Thursdays 6:30p

Arms, Chest, Posture, Expression: 11/14-11/21

Hips, Hips, Hips: 12/12-12/19

Members: \$15/clinic Community: \$30/clinic

YOUTH BOOT CAMPS

Saturday 11/9 & 11/16

Ages 7-11 10-11 AM

\$5/Members; \$10/Community—Register today!

THANKSGIVING HOURS: 5-10 AM

Ironworks Classes:

RPM with Jess: 5:15 AM

Total Body Conditioning with Jill: 8-8:45 AM

BodyCombat with Katy: 8:50-9:50 AM

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*)



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



ROSCOE BRANCH Group Exercise Schedule

Effective
Nov 1st, 2019

Monday			
Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Liz
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:00-9:00	Step	Gym	Ann M.
9:05-10:05	Restorative Stretch	Gym	Jenn
10:10-11:10	Sr. Fit	Gym	Michelle
PM Classes			
Noon-1:00	BodyPump	Gym	Jan
1:00-1:55	SilverSneakers	Gym	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 S
9:05-9:55	BodyCombat	Gym	Ann H/Ann M
10:05-10:50	Pilates	Gym	Joan
PM Classes			
6:50-7:50	Zumba	Gym	Lynette

Wednesday			
Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cyling	Cycling Room	Liz
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:25-9:30	Step	Gym	Tracy
10:10-11:10	Sr. Fit	Gym	Mary
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan
5:35-6:35	BodyPump	Gym	Polly/Renee
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	Jill S
9:05-9:55	BodyCombat	Gym	Ann M
10:05-10:50	Pilates	Gym	Joan
PM Classes			
4:30-5:15	Group Cycling	Cycling Room	Liz

THANKSGIVING HOURS: 5-10 AM

Roscoe Classes:

BodyPump with Stacy: 5:30 AM
CxWorx with Polly 7:15-7:45 AM
BodyCombat with Polly & Ann M. 8-9 AM

NEW to the schedule:

Thursday 4:30 PM Group Cycling with Liz!

We have a NEW APP! This app has the ability to do challenges, connect with your fitness devices, record your workouts, create goals AND earn points!! Search "Stateline Family YMCA" in your app store—it's the orange icon!

Friday			
Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyFlow	Gym	Jess
8:00-8:55	Step	Gym	Tracy
9:05-10:05	BodyFlow	Gym	Ann M.
10:10-11:10	Sr. Fit	Gym	Nancy S.
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
8:10-9:10	BodyCombat	Gym	Polly
9:15-10:15	Zumba	Gym	Nicole

Sunday			
Time	Class	Location	Instructor
8:15-9:00	BodyPump	Gym	Polly
9:05-9:35	CxWorx	Gym	Polly



Roscoe Branch
9901 Main St.
Roscoe, IL
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