



# IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective  
Sept 1st, 2019

## 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	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	Kelly
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.

**No Qigong 9/2-9/11**

### PM Classes

5:00-5:25	Insanity	Multi-Purpose	Ashley
<b>Sept 23rd Insanity will be a LesMills BodyAttack Demo</b>			
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
<b>AM Classes</b>			
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
<b>Sept 17th Cardio Express will be a LesMills BodyAttack Demo</b>			
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

**\*Group Cycling will begin Sept 26th**

### 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	Core & More	Multi-Purpose	Matt
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Liliana

## LES MILLS Fall Launch: ROSCOE Branch

Saturday, September 14th 6:30am—10:00am

BodyPump 6:30 am (sign up required)

CxWorx 7:35 am (sign up required)

BodyCombat 8:10 am

BodyAttack DEMO! 9:15 am (try it & tell us what you think!)

All LesMills classes at Ironworks will be cancelled this day.

Please register online or at the front for Pump & Cx.

**Register for the following programs this Fall!**

**Belly Dancing: Thursdays 6:30pm Starts 9/12**

**LiveSTRONG at the YMCA: FREE program for cancer survivors, starts 9/17. T/TH 1-2:15pm**

**Tai Chi: Fridays (beginner & Adv.) Starts 9/20**

**Stonebridge 5k/Half-Marathon: Sat. 9/28!**

**\*Register online through our website.**

### 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	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.

**No Qigong 9/2-9/11**

### PM Classes

5:00-5:25	Insanity	Multi-Purpose	Ashley
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
<b>AM Classes</b>			
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

**\*Group Cycling will begin Sept 26th**

### 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	Core & More	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
<b>AM Classes</b>			
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
<b>9/13 Core Fusion with Ashley</b>			
8:45-9:45	Y's Way	Main Gym	Delores
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Sherry
<b>PM Classes</b>			
12:00-1:00	BodyPump	K.F.MultiPurpose	Kelly
4:30-5:30	BodyPump	K.F. MultiPurpose	Renee
5:30-6:15	BodyCombat	Multi-Purpose	Sarah

## Saturday

Time	Class	Location	Instructor
<b>AM Classes</b>			
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
<b>9/7 Heated Vinyasa: Heidi</b>			
<b>9/14 Heated Vinyasa: Sonya</b>			
<b>9/21 Heated Vinyasa: Liliana</b>			
<b>9/28 Heated Hatha: Brenda</b>			
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

**\*No LesMills RPM, BodyPump, CxWorx or Combat 9/14. Sign up for the Launch in Roscoe!**

## Sunday

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

*Mindful Yin is cancelled for September—stay tuned for Oct!*



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



# ROSCOE BRANCH Group Exercise Schedule

Effective  
Sept 1st, 2019

Monday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
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	Michelle
<b>PM Classes</b>			
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
<b>AM Classes</b>			
5:30-6:30	BodyPump	Gym	Stacy
8:00-8:45	Group Cycling*	Cycling Room	Jeff
<b>*Group Cycling starts back Sept 26th</b>			
8:15-9:00	Express BodyPump	Gym	Jill
9:05-9:55	BodyCombat	Gym	Ann H/Ann M
10:05-10:50	Pilates	Gym	Joan
<b>PM Classes</b>			
6:50-7:50	Zumba	Gym	Lynette

Wednesday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:25-9:30	Step	Gym	Tracy
10:10-11:10	Sr. Fit	Gym	Mary
<b>PM Classes</b>			
1:00-1:55	SilverSneakers	Gym	Jan
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
<b>*Group Cycling starts back Sept 26th</b>			
8:15-9:00	Express BodyPump	Gym	Jill S
9:05-9:55	BodyCombat	Gym	Ann M
10:05-10:50	Pilates	Gym	Joan
<b>PM Classes</b>			
6:50-7:50	Zumba	Gym	Jillian/Lynette

## LESMILLS Fall Launch: ROSCOE Branch

Saturday, September 14th 6:30am—10:00am

BodyPump 6:30 am (sign up required)

CxWorx 7:35 am (sign up required)

BodyCombat 8:10 am

BodyAttack DEMO! 9:15 am (try it & tell us what you think!)

All LesMills classes at Ironworks will be cancelled this day. Please register online or at the front for Pump & Cx.

## STONEBRIDGE 5k & Half-Marathon

August 28th —Leeland Park

Support our LiveSTRONG at the YMCA program by running in this race on a beautiful course! Register online—link can be found on our website.

## Healthy Living Programs at Ironworks:

Belly Dancing—Starts Sept 12th

TaiChi—Starts Sept 20th

Livestrong at the YMCA—Starts Sept 17th

Registration required—sign up today!

We have a NEW APPI! 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
<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 S.
<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
<b>*LesMills Launch Sept 14th. Register for Pump &amp; Cx to attend. No Zumba 9/14. Join us for a BodyAttack Demo at 9:15am!</b>			

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.
<b>*No Sunday classes September 1st</b>			

**MONDAY, September 2nd:**

**We are open 4:45 AM—10 AM**

**Check our app for classes offered at Ironworks!**



Roscoe Branch  
9901 Main St.  
Roscoe, IL  
www.statineymca.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.statineymca.org