



# IRONWORKS BRANCH

## Group Exercise Schedule

### Monday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:00-5:45	BodyPump	KF MP	Sarah
6:05-6:50	LIIT	KF MP	Jean
8:15-9:15	Vinyasa	SMB	Liliana
8:30-9:15	Strength & Cardio Fusion	KF MP	Sarah
8:45-9:30	Y's Way	Gym	Kat
9:30-10:30	BodyPump	KF MP	Laurel
<b>P.M. Classes</b>			
4:15-5:05	Exprs Combat	KF MP	Toya
5:20-6:20	BodyPump	KF MP	Heather
6:00-7:00	Beginners Yoga	SMB	Aaron
6:30-7:15	Zumba	KF MP	Katy

### Tuesday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:00-5:45	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee M.
9:00-9:30	GRIT	KF MP	Sarah
9:35-10:05	Core & More	KF MP	Sarah
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Michelle
<b>P.M. Classes</b>			
12:00-12:45	SoulBody Barre	KF MP	Erin
4:15-5:15	BodyPump	KF MP	Dawn
5:30-6:30	RPM	Cycling Studio	Lisa

### Wednesday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:00-5:45	BodyPump	KF MP	Sarah
6:05-6:50	LIIT	KF MP	Jean
8:15-9:15	Vinyasa	SMB	Liliana
8:15-9:00	RPM	Cycling Studio	Stacy
8:45-9:30	Y's Way	Gym	Juanita
9:05-9:35	LesMills Core	KF MP	Jill
<b>P.M. Classes</b>			
12:00-1:00	Vinyasa	SMB	Liliana
5:00-5:45	BodyPump	KF MP	Dawn
5:55-6:25	LesMills Core	KF MP	Heather
6:00-7:00	Hatha Yoga	SMB	Brenda
6:35-7:20	Zumba	KF MP	Katy

### Thursday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:00-5:45	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee M.
9:30-10:30	BodyPump	KF MP	Laurel
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Penny
<b>P.M. Classes</b>			
12:00-12:45	HIIT Hustle	KF MP	Rotation
4:30-5:15	RPM	Cycling Studio	Renee F.

### Friday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:00-5:45	BodyBalance	SMB	Jess
8:30-9:00	LesMills Core	KF MP	Jill
8:45-9:30	Y's Way	Gym	Juanita
9:05-10:00	BodyCombat	KF MP	Sarah
<b>P.M. Classes</b>			
12:00-1:00	BodyPump	KF MP	Traci
4:30-5:30	BodyPump	KF MP	Dawn

### Saturday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
7:15-8:15	BodyPump	KF MP	Heather
8:25-8:55	LesMills Core	KF MP	Heather
9:00-10:00	Vinyasa Yoga	SMB	Liliana
10:15-11:15	Gentle Yoga	SMB	Lilliana

### Sunday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
8:15-8:45	GRIT	KF MP	Sarah
8:15-9:00	RPM	Cycling Studio	Renee F./ Lisa**
8:50-9:35	Exprs Combat	KF MP	Sarah
9:45-10:30	Zumba	KF MP	Katy
10:00-11:00	Yin Yoga	SMB	Aaron

**\*\*Reservation required**

To make your reservations, download the YMCA360 app at [www.statineymca.org/connect](http://www.statineymca.org/connect).