



# IRONWORKS BRANCH

## Group Exercise Schedule

Effective  
**November 23, 2020\***  
*\*changes could be frequent.  
 Check back for updates.*

### Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-6:00	Body Pump	GYM	Jess
6:15-7:00	Early AM Special	GYM	Jean
8:00-8:45	Y's Way	GYM	Dolores
8:15-9:00	Vinyasa Yoga	SMB	Liliana
<b>8:15-9:00</b>	<b>BodyAttack</b>	<b>KF MP</b>	<b>Sarah</b>
9:15-10:00	Express Bodypump	GYM	Teri
10:15-11:15	Qigong	GYM	Nancy
<b>PM Classes</b>			
5:10-5:55	BodyPump	GYM	Sheila
6:15-7:00	Zumba	GYM	Katy
<b>6:15-7:15</b>	<b>BodyCombat</b>	<b>KF MP</b>	<b>Polly</b>

### Tuesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
4:45-5:40	RPM	GYM	Jess
<b>6:00-7:00</b>	<b>BodyPump</b>	<b>GYM</b>	<b>Stacy</b>
8:15-9:00	Pilates	SMB	Renee
9:10-9:55	BodyAttack	GYM	Sarah
<b>10:00-10:45</b>	<b>Pilates</b>	<b>KF MP</b>	<b>Joan</b>
<b>PM Classes</b>			
11:00-11:45	Silver Sneakers	GYM	Jan
12:10-12:55	Strength & Stretch	GYM	Jinjer
4:00-5:00	BodyPump	GYM	Dawn
5:20-6:05	RPM	GYM	Lisa
5:30-6:00	Express Combat	KF MP	Polly
<b>6:15-7:00</b>	<b>Zumba</b>	<b>KF MP</b>	<b>Jillian</b>
6:20-7:05	BodyAttack	GYM	Tierra

### Wednesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-6:00	BodyPump	GYM	Jess
6:15-7:00	Early AM Special	GYM	Jean
8:00-8:45	RPM	GYM	Stacy
9:00-9:30	CxWorx	GYM	Jill
10:15-11:15	Qigong	GYM	Nancy
<b>PM Classes</b>			
5:30-6:00	CxWorx	KF MP	Heather
5:10-5:55	BodyPump	GYM	Dawn
6:15-7:00	Zumba	GYM	Katy
<b>6:15-7:00</b>	<b>BodyCombat</b>	<b>KF MP</b>	<b>Polly</b>

### Thursday

Time	Class	Location	Instructor
<b>AM Classes</b>			
4:45-5:40	RPM	GYM	Jess
<b>6:00-7:00</b>	<b>BodyPump</b>	<b>GYM</b>	<b>Stacy</b>
8:15-9:00	Pilates	GYM	Renee
9:30-10:15	Express BodyPump	GYM	Teri
<b>10:00-10:45</b>	<b>Pilates</b>	<b>KF MP</b>	<b>Joan</b>
11:00-11:45	SilverSneakers	GYM	Nikki
<b>PM Classes</b>			
12:10-12:55	Strength & Stretch	GYM	Jinjer
4:30-5:15	RPM	GYM	Renee F
5:30-6:00	CxWorx	GYM	Polly
6:15-7:15	BodyCombat	GYM	Polly

### Friday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	RPM	GYM	Stacy
5:00-5:45	BodyFlow	The Yard	Jess
8:00-8:45	Y's Way	GYM	Dolores
8:30-9:00	CxWorx	KF MP	Jill
9:05-9:50	BodyCombat	GYM	Sherry
<b>PM Classes</b>			
<b>4:30-5:30</b>	<b>BodyPump*</b>	<b>GYM</b>	<b>Renee</b>
<b>*BodyPump will start 12/4</b>			
5:35-6:20	BodyCombat	GYM	Sarah

### Saturday

Time	Class	Location	Instructor
<b>AM Classes</b>			
7:15-8:15	BodyPump	GYM	Sheila
8:30-9:00	CxWorx	GYM	Heather
9:00-9:45	Vinyasa Yoga	SMB	Liliana
9:15-10:15	BodyCombat	GYM	Katy
<b>9:45-10:30</b>	<b>BodyAttack*</b>	<b>KF MP</b>	<b>Tierra</b>
<b>*BodyAttack will start 12/5</b>			

### Sunday

Time	Class	Location	Instructor
<b>AM Classes</b>			
8:15-9:00	RPM	GYM	Stacy
9:15-9:45	Express Combat	GYM	Katy

**Red Letter** = Added classes beginning 11/23/20. Roscoe Branch currently is not able to host group exercise classes, so we have added them here at Ironworks.

**Please remember, masks are required at all times—even during classes.**

### Holiday Hours & Classes:

**Christmas Eve: 4:45 AM—12 PM**

RPM 5-5:45 AM with Jess

BodyCombat 8:00-9:00 AM with Polly

BodyPump 9:30-10:15 AM with Teri

**Christmas Day: CLOSED**

**New Years Eve: 4:45 AM — 2 PM**

RPM 5-5:45 AM with Jess

**New Years Day: 9 AM—2 PM**

RPM 10-10:45 AM with Stacy



Ironworks Branch  
 501 Third Street  
 Beloit, WI  
[www.statelineymca.org](http://www.statelineymca.org)