



IRONWORKS BRANCH Group Exercise Schedule

January 2022

Monday

| Time | Class | Location | Instructor |
|---------------------|------------------|----------|------------|
| A.M. Classes | | | |
| 5:00-6:00 | BodyPump | KF MP | Jess** |
| 6:05-6:50 | Early AM Special | KF MP | Jean |
| 8:15-9:00 | Y's Way | Gym | Lisa |
| 8:15-9:00 | Vinyasa Yoga | SMB | Liliana |
| 9:15-10:00 | Exprs BodyPump | KF MP | Traci** |

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|---------------------|----------|-------|----------|
| P.M. Classes | | | |
| 5:15-6:15 | BodyPump | KF MP | Sheila** |
| 6:30-7:15 | Zumba | KF MP | Katy |

Tuesday

| Time | Class | Location | Instructor |
|---------------------|-----------------|----------------|------------|
| A.M. Classes | | | |
| 4:55-5:40 | RPM | Cycling Studio | Jess** |
| 8:15-9:15 | Pilates | SMB | Renee |
| 8:30-9:15 | Low Impact | | |
| | High Intensity | KF MP | Sherry |
| 9:20-10:05 | BodyAttack | KF MP | Sarah |
| 10:15-11:15 | Gentle Yoga | SMB | Kathy* |
| 11:00-11:45 | Silver Sneakers | Gym | Jan |

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|---------------------|--------------------|----------------|--------|
| P.M. Classes | | | |
| 12:10-12:55 | Strength & Stretch | SMB | Jinger |
| 4:00-5:00 | BodyPump | KF MP | Dawn** |
| 5:20-6:05 | RPM | Cycling Studio | Lisa** |
| 5:25-6:10 | Exprs Combat | KF MP | Polly |

Wednesday

| Time | Class | Location | Instructor |
|---------------------|------------------|----------------|------------|
| A.M. Classes | | | |
| 5:00-6:00 | BodyPump | KF MP | Jess** |
| 6:05-6:50 | Early AM Special | KF MP | Jean |
| 8:00-8:45 | RPM | Cycling Studio | Stacy** |
| 9:00-9:30 | LesMills Core | KF MP | Jill |

| | | | |
|---------------------|---------------|-------|---------|
| P.M. Classes | | | |
| 5:30-6:00 | LesMills Core | KF MP | Heather |
| 5:30-6:15 | BodyPump | KF MP | Dawn** |
| 6:30-7:15 | Zumba | KF MP | Katy |

Thursday

| Time | Class | Location | Instructor |
|---------------------|-----------------|----------------|------------|
| A.M. Classes | | | |
| 4:55-5:40 | RPM | Cycling Studio | Jess** |
| 8:15-9:15 | Pilates | SMB | Renee |
| 9:30-10:30 | BodyPump | KF MP | Sherry** |
| 10:15-11:15 | Gentle Yoga | SMB | Kathy* |
| 11:00-11:45 | Silver Sneakers | Gym | Niki |

| | | | |
|---------------------|--------------------|----------------|------------|
| P.M. Classes | | | |
| 12:10-12:55 | Strength & Stretch | SMB | Jinger |
| 4:30-5:15 | RPM | Cycling Studio | Renee F.** |
| 5:30-6:00 | LesMills Core | MP Room | Polly |
| 6:15-7:15 | BodyCombat | KF MP | Polly |
| 6:30-7:15 | Hatha Yoga | SMB | Brenda |

Friday

| Time | Class | Location | Instructor |
|---------------------|---------------|----------------|------------|
| A.M. Classes | | | |
| 5:00-5:45 | BodyFlow | KF MP | Jess |
| 5:15-6:00 | RPM | Cycling Studio | Stacy** |
| 8:30-9:00 | LesMills Core | KF MP | Jill |
| 8:15-9:00 | Y's Way | Gym | Dolores |
| 9:05-9:50 | BodyCombat | KF MP | Sherry |

| | | | |
|---------------------|------------|-------|---------|
| P.M. Classes | | | |
| 12:00-1:00 | BodyPump | KP MP | Traci** |
| 4:30-5:30 | BodyPump | KP MP | Renee** |
| 5:40-6:40 | BodyCombat | KF MP | Sarah |

Saturday

| Time | Class | Location | Instructor |
|---------------------|------------------|----------------|-------------|
| A.M. Classes | | | |
| 7:15-8:15 | BodyPump | KF MP | Sheila** |
| 8:00-9:15 | Interactive Spin | Cycling Studio | Jeff/Lisa** |
| 8:30-9:00 | LesMills Core | KF MP | Heather |
| 9:00-9:45 | Vinyasa Yoga | SMP | Liliana |
| 9:15-10:15 | BodyCombat | KF MP | Katy |
| 10:00-10:45 | Restorative Yoga | SMB | Liliana |

Sunday

| Time | Class | Location | Instructor |
|---------------------|------------------|----------------|------------|
| A.M. Classes | | | |
| 8:15-9:00 | RPM | Cycling Studio | Stacy** |
| 9:15-9:45 | Exprs Combat | KF MP | Katy |
| 9:55-10:40 | Zumba | KF MP | Katy |
| 10:15-11:15 | Mindful Yin Yoga | SMB | Kathy* |

**Registration required
+Mindful Yin Yoga classes begin 1/9

LES MILLS SPRINT

LAUNCH JAN. 8TH

Join the fun and have a great work out in Roscoe!

| | |
|-----------------|----------------------------|
| 6:45am-7:15am | SPRINT with Renee** |
| 7:25am-7:55am | SPRINT with Stacy** |
| 8:05am-8:35am | Core with Polly |
| 8:45am-9:15am | SPRINT with Sarah** |
| 9:25am-9:55am | SPRINT with Ann and Erin** |
| 10:05am-11:05am | Pilates with Joan |

NEW YEAR'S DAY

| | | | |
|-------------|------------|-------|----------|
| 9:15-10:00 | BodyPump | KF MP | Sheila** |
| 10:15-10:45 | Core | KF MP | Heather |
| 11:00-11:45 | BodyCombat | KF MP | Katy |