



# IRONWORKS BRANCH

## Group Exercise Schedule

Effective  
July 1, 2020

### Monday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-5:45	Body Pump	GYM	Jess
8:00-8:45	Y's Way	GYM	Dolores
8:30-9:15	Vinyasa Yoga	SMB	Liliana
9:15-10:00	Bodypump	GYM	Teri
<b>PM Classes</b>			
5:10-5:55	BodyPump	GYM	Sheila
6:15-7:00	Zumba	GYM	Katy

### Tuesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-5:45	RPM	GYM	Jess
8:30-9:15	Pilates	SMB	Renee
9:10-9:55	BodyAttack	GYM	Jenna
<b>PM Classes</b>			
12:10-12:55	Strength & Stretch	GYM	Jinjer
4:15-5:00	BodyPump	GYM	Dawn
5:20-6:05	RPM	GYM	Lisa
6:20-7:00	BodyAttack	GYM	Tierra

### Wednesday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-5:45	BodyPump	GYM	Jess
8:00-8:45	RPM	GYM	Stacy
9:00-9:30	CxWorx	GYM	Jill
<b>July 1st will be CoreFusion with Ashley</b>			
9:45-10:30	BodyCombat	GYM	Sherry
10:45-11:30	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

### Thursday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:00-5:45	RPM	GYM	Jess
8:15-9:00	Total Body Conditioning	GYM	Jill
9:30-10:15	BodyPump	GYM	Teri
11:00-11:45	SilverSneakers*	GYM	Nikki
<b>*starts July 9th</b>			
<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
6:15-7:00	BodyCombat	GYM	Polly

### Friday

Time	Class	Location	Instructor
<b>AM Classes</b>			
5:15-6:00	RPM	GYM	Stacy
5:00-5:45	BodyFlow	OUTSIDE*	Jess
9:00-9:30	CxWorx	GYM	Jill
9:45-10:30	BodyCombat	GYM	Sherry
<b>PM Classes</b>			
12:00-12:45	BodyPump	GYM	Traci
4:30-5:15	BodyPump	GYM	Dawn
5:35-6:20	BodyCombat	GYM	Sarah

### Saturday

Time	Class	Location	Instructor
<b>AM Classes</b>			
6:15-7:00	RPM	GYM	Jess
7:30-8:15	BodyPump	GYM	Jess
8:30-9:00	CxWorx	GYM	Heather
9:15-10:00	BodyCombat	GYM	Katy

\*Friday's BodyFlow will be outside on the grass on the south-side of the Y's building. Please enter the Y as normal to fill out Health Questionnaire & scan in. Please ask front desk assistance for help if needed.

## NEW CLASS SCHEDULE

Please be sure to look at the schedule very closely. In order to have people maintain the proper distance, we have moved most classes to the gym and staggered class times. Classes may also be shortened than what you're used to—this will help us allow enough time between classes for traffic flow.

Classes are slowly coming back. Stay tuned for any changes/additions!

Thank you in advance for your attention to detail and keeping safe distances at all times while you're at the Y!

## Group Ex Rules

- All participants must sign up for the class the day before.
- No one who has been sick in the last 72 hours is allowed in the building. If you had a fever of 100.4 or more, you are not allowed into the Y for two weeks.
- All participants must wash their hands or sanitize before and after class.
- Everyone must obey the 6 ft. distancing rule and be cautious of their surroundings.
- All equipment that will be used must be wiped down after class. Please follow the instructions of your instructor and Y staff.
- Please follow the Enter & Exit signs and directions, and please limit any group gatherings before/after class.
- **\*Important\*** Please modify when possible and use light weights to start in classes. We've all had a big break from group ex classes, and we want everyone to come back into their fitness routine safely.
- All water fountains will only be used for refilling water bottles. Please bring your own water bottle to refill. (Tip: wash your water bottle after being at the Y)
- Please bring your own sweat towel and mat if able. Each member will receive a cleaning towel and spray bottle when they enter the Y.





# ROSCOE BRANCH

## Group Exercise Schedule

Effective  
July 1, 2020

Monday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:15	Boot Camp	Gym	Mark/Amy
8:15-9:00	Attack	Gym	Sarah
<b>PM Classes</b>			
5:00-5:45	BodyPump	Gym	Renee
6:00-6:45	BodyCombat	Gym	Polly

Tuesday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:15	BodyPump	Gym	Stacy
9:00-9:45	BodyCombat	Gym	Ann H/Ann M
10:15-11:00	Pilates	Gym	Joan
<b>PM Classes</b>			
6:00-6:45	Zumba	Gym	Jillian

Wednesday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:15	Boot Camp	Gym	Mark/Amy
9:15-10:00	BodyAttack	Gym	Erin
<b>PM Classes</b>			
5:00-5:45	BodyPump	Gym	Polly/Renee
6:00-6:45	BodyCombat	Gym	Polly

Thursday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:15	BodyPump	Gym	Stacy
9:15-10:00	BodyCombat	Gym	Steph
10:15-11:00	Pilates	Gym	Joan
<b>PM Classes</b>			
6:00-6:45	BodyAttack	Gym	Erin

Friday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
5:30-6:15	BodyAttack	Gym	Sarah V
9:00-9:45	Tabata	Gym	Cortnee

Saturday			
Time	Class	Location	Instructor
<b>AM Classes</b>			
8:15-9:00	BodyPump	Gym	Renee F.
9:15-9:45	CxWorx	Gym	Polly
10:00-10:45	BodyCombat	Gym	Polly

### Inside Classes

We are back inside in July! Thank you to all our wonderful members who toughed it out in the heat while we hosted classes outside in June.

Don't forget to register for any class you are going to attend. If you need to cancel, please notify the YMCA as soon as possible.

Please stay on an X during class in the gym, and keep 6-ft distance at all times. You are not required to wear a mask while working out, but it is recommended to wear one while you come in and out of the YMCA.

Please bring your own water bottle. Water fountains are turned off, but you can still use the bottle filler.



Roscoe Branch  
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[www.statlineymca.org](http://www.statlineymca.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.statlineymca.org](http://www.statlineymca.org)