



IRONWORKS BRANCH GROUP EXERCISE SCHEDULE

Effective
March 1st, 2020

Monday

Time	Class	Location	Instructor
AM Classes			
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	Teri
9:25-10:10	Recycled Teens	Multi-Purpose	Stacy
10:30-11:45	Gentle Yoga	Spirit-Mind-Body	Kathy
10:30-11:30	Intermediate Qigong	K.F.MultiPurpose	Nancy M.
11:30-12:15	Beginner Qigong	K.F.MultiPurpose	Nancy M.
PM Classes			
4:45-5:30	Tabata	Multi-Purpose	Ashley
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
AM Classes			
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
8:30-9:30	Pilates	Spirit-Mind-Body	Renee
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Jan
11:45-12:30	Cycling with Keiser	Cycling Room	Jeff
PM Classes			
12:00-12:45	Strength & Stretch	Spirit-Mind-Body	Jinjer
4:30-5:30	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	ROM Strength/Core	Multi-Purpose	Matt
6:30-7:30	Heated Vinyasa	Spirit-Mind Body	Sonya/Liliana
6:30-7:15	BodyAttack*	Multi-Purpose	Tierra

*NEW FORMAT: BodyAttack will start March 17th

SPIN-A-THON 2020—March 7th 9-11 AM

Help us raise money to purchase a new (bigger!) TV for our Cycling Studio for our Cycling with Keiser classes!
Register for Lisa and/or Jeff's class on Saturday, March 7th!!

LesMills Launch Party—Ironworks Branch

Saturday, March 14th 6:30 AM—11:15 AM

6:30 AM: RPM *registration required

7:30 AM: BodyPump *registration required

8:40 AM: CxWorx *registration required

9:15 AM: BodyCombat

10:20 AM: BodyAttack (NEW FORMAT)

Join us for this LesMills Launch in the Ironworks Basketball Gym. All classes besides RPM will be held in the gym for added fun! Be sure to wear your green!

LesMills BodyAttack starts MARCH 14th 2020!

BODYATTACK is a whole body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do. *Check Roscoe's schedule for more offerings!*

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
AM Classes			
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	Kathy
10:30-11:30	Intermediate Qigong	K.F.MultiPurpose	Nancy M.
11:30-12:15	Beginner Qigong	K.F.MultiPurpose	Nancy M.
PM Classes			
5:00-5:25	CxWorx	Multi-Purpose	Heather
5:30-6:15	TRX FIT	Multi-Purpose	Kendra
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
AM Classes			
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	Teri
11:00-11:55	SilverSneaker	K.F.MultiPurpose	Nicki
11:45-12:30	Cycling with Keiser	Cycling Room	Jeff
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	Cycling with Keiser	Cycling Room	Lisa
5:15-5:45	CxWorx	K.F.MultiPurpose	Polly
5:30-6:15	ROM Strength/Core	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
AM Classes			
5:00-6:00	BodyFlow*	K.F.MultiPurpose	Jess
*NEW to Ironworks			
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
8:45-9:45	Y's Way	Main Gym	Delores
9:00-9:45	Pilates	Spirit, Mind, Body	Joan
9:05-9:50	Express BodyCombat	K.F.MultiPurpose	Sherry
PM Classes			
12:00-1:00	BodyPump	K.F.MultiPurpose	Rotation
4:30-5:30	BodyPump	K.F. MultiPurpose	Dawn
5:30-6:15	BodyCombat	Multi-Purpose*	Sarah

*BodyCombat will move to the K.F.Multi Purpose starting 3/13

Saturday

Time	Class	Location	Instructor
AM Classes			
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
8:45-9:30	Cycling with Keiser	Cycling Room	Lisa/Jeff
9:00-10:00	Yoga	Spirit, Mind, Body	Rotation
3/7 Heated Vinyasa: Sonya			
3/14 Heated Vinyasa: Liliana			
3/21 Heated Vinyasa: Jess			
3/28 Heated Hatha: Brenda			
9:10-10:10	BodyCombat*	K.F.MultiPurpose	Katy
10:30-11:45	Gentle Yoga	Spirit, Mind, Body	Kathy
10:15-11:15	Zumba	K.F.MultiPurpose	Jillian

*Sat. March 14th is the Launch—Registration required for RPM, BodyPump & CxWorx. Wear your green!!

Sunday

Time	Class	Location	Instructor
AM Classes			
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
10:30-11:45	Mindful Yin	Spirit, Mind, Body	Kathy



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



ROSCOE BRANCH Group Exercise Schedule

Effective
March 1st, 2020

Monday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Liz
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:00-9:00	Step*	Gym	Ann M.
*Step will only take place 3/2 & 3/9			
8:15-9:00	BodyAttack*	Gym	Sarah
NEW FORMAT: BodyAttack starts 3/16			
9:05-10:05	Restorative Stretch	Gym	Jenn
10:10-11:10	Sr. Fit	Gym	Michelle
PM Classes			
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
AM Classes			
5:30-6:30	BodyPump	Gym	Stacy
8:00-8:45	Group Cycling	Cycling Room	Jeff
8:15-9:00	Express BodyPump	Gym	Jill S
9:05-9:55	BodyCombat	Gym	Ann H/Ann M
10:05-10:50	Pilates	Gym	Joan
PM Classes			
6:00-7:00*	Zumba	Gym	Lynette/Jillian
*NEW TIME!			

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Group Cycling	Cycling Room	Liz
5:30-6:30	Boot Camp	Gym	Mark/Amy
8:30-9:15	Tabata	Gym	Ashley
*Tabata will only take place 3/4 & 3/11			
9:00-9:55	BodyAttack*	Gym	Erin
*NEW FORMAT: BodyAttack starts 3/18			
10:10-11:10	Sr. Fit	Gym	Lisa
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan
5:35-6:35	BodyPump	Gym	Polly/Renee
6:40-7:40	BodyCombat	Gym	Polly

Thursday

Time	Class	Location	Instructor
AM Classes			
5:30-6:30	BodyPump	Gym	Stacy
8:00-8:45	Group Cycling	Cycling Room	Jeff
8:15-9:00	Express BodyPump	Gym	Jill S
9:05-9:55	BodyCombat	Gym	Steph
10:05-10:50	Pilates	Gym	Joan
PM Classes			
4:30-5:15	Group Cycling	Cycling Room	Liz
6:00-6:45	BodyAttack*	Gym	Erin
*NEW FORMAT: BodyAttack starts 3/19			

Friday

Time	Class	Location	Instructor
AM Classes			
5:30-6:15	BodyAttack	Gym	Sarah
*NEW FORMAT: BodyAttack starts 3/20			
8:00-8:55	Step	Gym	Tracy
9:05-10:05	Piyo	Gym	Tracy
10:10-11:10	Sr. Fit	Gym	Nancy S.
PM Classes			
1:00-1:55	SilverSneakers	Gym	Jan

Saturday

Time	Class	Location	Instructor
AM Classes			
6:30-7:30	BodyPump*	Gym	Renee F.
*No BodyPump March 14th due to LesMills Launch at Ironworks, register at the front desk to join!			
7:35-8:05	CxWorx	Gym	Polly
*No CxWorx March 14th due to LesMills Launch at Ironworks, register at the front desk to join!			
8:10-9:10	BodyCombat	Gym	Polly
*No BodyCombat March 14th due to LesMills Launch			
9:15-10:15	Zumba	Gym	Nicole

Sunday

Time	Class	Location	Instructor
8:15-9:15	BodyPump	Gym	Polly
9:20-9:50	CxWorx	Gym	Polly

LesMills Launch Party—Ironworks Branch

Saturday, March 14th 6:30 AM—11:15 AM

6:30 AM: RPM *registration required

7:30 AM: BodyPump *registration required

8:40 AM: CxWorx *registration required

9:15 AM: BodyCombat

10:20 AM: BodyAttack (NEW FORMAT)

Join us for this LesMills Launch in the Ironworks Basketball Gym. All classes besides RPM will be held in the gym for added fun! Be sure to wear your green! Please note: LesMills classes at Roscoe will be cancelled this day, so please join us in Beloit!!

INTRODUCING AN ALL NEW FORMAT:

LesMills BODYATTACK!

BODYATTACK is a whole body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do.



Roscoe Branch
9901 Main St.
Roscoe, IL
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