



IRONWORKS BRANCH

Group Exercise Schedule

Effective
September 1, 2020*
*changes could be frequent.
Check back for updates.

Monday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	Body Pump	OUTSIDE	Jess
6:15-7:00	Early AM Special	OUTSIDE	Jean
8:00-8:45	Y's Way	GYM (masks)	Dolores
8:15-9:00	Vinyasa Yoga	SMB (masks)	Liliana
9:15-10:00	Express Bodypump	OUTSIDE	Teri
10:15-11:00	Qigong	OUTSIDE	Nancy
*No Qigong Sept 1-13. Class resumes Sept 14th			
PM Classes			
5:10-5:55	BodyPump	OUTSIDE	Sheila
6:15-7:00	Zumba	OUTSIDE	Katy

Tuesday

Time	Class	Location	Instructor
AM Classes			
5:00-5:45	RPM	OUTSIDE	Jess
8:15-9:00	Pilates	OUTSIDE	Renee
*No Pilates Sept 8th			
9:10-9:55	BodyAttack	OUTSIDE	Sarah
PM Classes			
12:10-12:55	Strength & Stretch GYM (masks)	GYM	Jinjer
4:00-5:00	BodyPump	OUTSIDE	Dawn
5:20-6:05	RPM	OUTSIDE	Lisa
6:20-7:05	BodyAttack	OUTSIDE	Tierra

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyPump	OUTSIDE	Jess
6:15-7:00	Early AM Special	OUTSIDE	Jean
8:00-8:45	RPM	OUTSIDE	Stacy
8:30-9:00	Express BodyCombat	OUTSIDE	Sherry
10:15-11:00	Qigong	OUTSIDE	Nancy
*No Qigong Sept 1-13. Class resumes Sept 14th			
PM Classes			
5:30-6:00	CxWorx KF MP (masks)	GYM	Heather
5:10-5:55	BodyPump	OUTSIDE	Dawn
6:15-7:00	Zumba	OUTSIDE	Katy

Thursday

Time	Class	Location	Instructor
AM Classes			
5:00-5:45	RPM	OUTSIDE	Jess
8:15-9:00	Pilates	OUTSIDE	Renee
*No Pilates Sept 3rd			
9:30-10:30	BodyPump	OUTSIDE	Teri
11:00-11:45	SilverSneakers	GYM (masks)	Nikki
PM Classes			
12:10-12:55	Strength & Stretch GYM (masks)	GYM	Jinjer
4:30-5:15	RPM	OUTSIDE	Renee F
5:30-6:00	CxWorx	OUTSIDE	Polly
6:15-7:15	BodyCombat	OUTSIDE	Polly

Friday

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	RPM	OUTSIDE	Stacy
5:00-5:45	BodyFlow	OUTSIDE*	Jess
8:00-8:45	Y's Way	GYM (masks)	Dolores
*Y's Way will be held in the KF MP on 9/4 & 9/7			
9:05-9:50	BodyCombat	OUTSIDE	Sherry
PM Classes			
12:00-1:00	BodyPump	OUTSIDE	Traci
4:30-5:15	BodyPump	OUTSIDE	Dawn
5:35-6:20	BodyCombat	OUTSIDE	Sarah

Saturday

Time	Class	Location	Instructor
AM Classes			
7:15-8:15	BodyPump*	OUTSIDE	Sheila
8:30-9:00	CxWorx*	OUTSIDE	Heather
9:15-10:15	BodyCombat*	OUTSIDE	Katy
*LesMills Launch Sept 19th—Class schedule is different. See box for more details!			

Group Ex Rules

- All participants must sign up for the class the day before.
- If you are sick, stay home.
- Please wash your hands before & after & keep your 6 feet distance.
- All equipment that will be used must be wiped down after class.
- Please follow the Enter & Exit signs and directions, and please limit any group gatherings before/after class.
- 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.

Labor Day Hours Sept 7th: 5-10 AM

Classes:

5:00-6:00 AM BodyPump (outside)

8:00-8:45 AM Y's Way (KF MP)

9:00-9:45 AM BodyPump (outside)

Gym Floors

Heads up! We will be having the gymnasium's floors resurfaced Friday, Sept 4th—Sept 7th. Equipment will be moved to the hallways and classes will need to exit out the Spine Rd door.

LesMills Launch—Sept 19th

Ironworks:

7:00-8:00 AM BodyPump

8:30-9:15 AM RPM

9:30-10:30 AM BodyAttack

BodyCombat

Roscoe:

6:30-7:30 AM BodyPump

7:45-8:15 AM CxWorx

8:30-9:30 AM

As usual: Registration is required! Theme is World United

