



IRONWORKS BRANCH

Group Exercise Schedule

Effective
March 1st, 2021*
**changes could be frequent.
 Check back for updates.*

Monday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	Body Pump	GYM	Jess
6:05-6:50	Early AM Special	GYM	Jean
8:00-8:45	Y's Way	GYM	Lisa
8:15-9:00	Vinyasa Yoga	SMB	Liliana
9:15-10:00	Express Bodypump	GYM	Teri
10:15-11:15	Qigong	KF MP	Aimee
PM Classes			
5:10-5:55	BodyPump	GYM	Sheila
6:15-7:00	Zumba	GYM	Katy

Tuesday

Time	Class	Location	Instructor
AM Classes			
4:55-5:40	RPM	GYM	Jess
8:15-9:00	Pilates	SMB	Renee
8:45-9:30	Low Impact Total	Body KFMP	Sherry
9:10-9:55	BodyAttack	GYM	Sarah
10:15-11:00	Gentle Yoga*	SMB	Kathy
*Gentle Yoga begins March 9th			
11:00-11:45	Silver Sneakers	GYM	Jan
PM Classes			
12:10-12:55	Strength & Stretch	SMB	Jinjer
4:00-5:00	BodyPump	GYM	Dawn
5:20-6:05	RPM	GYM	Lisa
5:30-6:00	Express Combat	KF MP	Polly
6:20-7:05	BodyAttack	GYM	Tierra

Wednesday

Time	Class	Location	Instructor
AM Classes			
5:00-6:00	BodyPump	GYM	Jess
6:05-6:50	Early AM Special	GYM	Jean
8:00-8:45	RPM	GYM	Stacy
8:30-9:00	Express Combat	KF MP	Sherry
9:00-9:30	CxWorx	GYM	Jill
10:15-11:15	Qigong	KF MP	Aimee
PM Classes			
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
AM Classes			
4:55-5:40	RPM	GYM	Jess
8:15-9:00	Pilates	GYM	Renee
8:30-9:15	Total Body Conditioning	GYM	Jill
9:30-10:15	Express* BodyPump	GYM	Teri
Starting March 18th, BodyPump will be 1-hour format 10:15-11:00 Gentle Yoga SMB Kathy			
*Gentle Yoga begins March 11th			
11:00-11:45	SilverSneakers	GYM	Nikki
12:00-12:45	Virtual Chair Yoga*	Zoom*	Kathy
*Virtual Chair Yoga is an 8-week class—registration required to receive zoom link. Starts March 4th			
PM Classes			
12:10-12:55	Strength & Stretch	SMB	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
AM Classes			
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
10:30-11:30	Tai Chi*	KF MP	Aimee
Tai Chi is a paid class for 8-week sessions. Next session starts February 5th—Registration required			
PM Classes			
4:30-5:30	BodyPump	GYM	Renee/Dawn
5:35-6:20	BodyCombat	GYM	Sarah

Saturday

Time	Class	Location	Instructor
AM Classes			
7:15-8:15	BodyPump	GYM	Sheila
8:30-9:00	CxWorx	GYM	Heather
9:00-9:45	Vinyasa Yoga	SMB	Liliana
9:00-9:45	Youth Boot Camp*	KFMP	Carlos
*Youth Boot Camp is \$5/class, ages 5-12—registration required			
9:15-10:15	BodyCombat	GYM	Katy
10:00-10:45	Restorative Yoga	SMB	Liliana

Sunday

Time	Class	Location	Instructor
AM Classes			
8:15-9:00	RPM	GYM	Stacy
9:15-9:45	Express Combat	GYM	Katy
9:50-10:20	Express Zumba	GYM	Katy

Blue = New additions to the schedule in March!

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

NEW: VIRTUAL PERSONAL TRAINING

Work on your New Year's Resolutions from HOME with the help of our certified personal trainers. Contact Matt or Cortnee for more information. mtuttle@statelineymca.org; cdusing@statelineymca.org

LES MILLS LAUNCH: Week of March 15th

St. Patty's theme all week! Join one of our scheduled Les Mills classes this week for some fun new moves & tracks.

Youth Wellness: Monday & Tuesday 6pm

Ages 10-13 are allowed in the Wellness Center after completion of attending 1 youth wellness class. Registration is at the front desk; it is \$10. Once completed, they will need to wear their issued lanyard on them at all times, and be with a parent.

Ages 14-17 need to complete a Teen Orientation with a Wellness Coach prior to using the Wellness Center.



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