GROUP EXERCISE SCHEDULERITE-HITE FAMILY YMCA



March 7 - May 1

BOLDED CLASSES DENOTE AN EXTRA FEE

MONDAY				WEDNESDA	Y CONTINUED		
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
AM				PM			
5:30-6:15	Cardio Fusion	Gym	Abduai	1:00-1:45	SSFP Classic	Studio 7	Carmen
6:00-7:00	BODYPUMP	Studio 6	Sara	5:20-6:20	Zumba	Studio 7	Alana
8:00-9:00	Senior Fitness	Studio 7	Karen	5:45-6:05	TRX® Interval Circuit	SG Studio	Kou
8:30-8:50	Y-Core Performance	Studio 6	Aet/Mel	6:15-6:45	TRX® Core Perfomance	SG Studio	Kou
9:15-10:15	Y-Cycle	Cycling Studio		6:30-7:30	BODYFLOW	Studio 2	Denisse
9:15-10:15	Yoga	Studio 2	Levy	6:30-7:30	BODYPUMP	Studio 6	Laura
9:15-10:15 9:15-10:15	BODYPUMP BODYCOMBAT	Studio 6 Studio 7	Allison Erin	6:30-7:30	Advanced Step	Studio 7	Lynda
10:30-11:30	BODYFLOW	Studio 7	Eva	7:40-8:40	Zumba	Studio 7	Randi
10:30-11:30	BODYPUMP	Studio 7 Studio 6	Jim	THURSDAY			
PM	BODIFOME	Studio 0	ווווו	AM			
1:00-1:45	SSFP Classic	Studio 7	Kim	5:30-6:30	Y-Cycle	Cycling Studio	Laura
2:00-2:45	SSFP Classic	Studio 7	Kim	5:30-6:15	Y-Functional Fit Camp	SG Studio	Mike
5:25-6:25	BODYPUMP	Studio 6	Amanda	8:00-9:00	Zumba Gold	Studio 7	Carmen
5:30-6:25	Zumba	Studio 7	Gwen	9:00-9:45	Total Gym Foundations	Studio 3	Lonnie
5:45-6:10	TRX® Interval Circuit	SG Studio	Kou	9:00-10:00	Y-Cycle	Cycling Studio	Liz
6:00-7:00	Power Yoga	Studio 2	Amy	9:15-10:15	Y-Chisel	Studio 6	Karen Steve
6:15-6:45	TRX® Core Perfomance	SG Studio	Kou	9:15-10:15 9:15-10:10	BODYCOMBAT Xtricity strYkeForce	Studio 7 SG Studio	Shanda
6:30-7:30	BODYPUMP	Studio 6	Cori	10:25-10:55	TRX® Interval Circuit	SG Studio	Lonnie
6:30-7:30	Advanced Step	Studio 7	Lynda	10:30-11:30	Yoga	Studio 2	Kristin
7:40-8:40	Zumba	Studio 7	Randi	10:30-11:30	SSFP Circuit	Studio 7	Dawn
TUESDAY				– PM			
AM	V. Consta	Condina Chardia	Garra In	12:00-12:45	Y-Cycle	Cycling Studio	David
5:30-6:30	Y-Cycle	Cycling Studio		1:00-1:45	SSFP Classic	Studio 7	Dawn
8:00-9:00 5:30-6:15	Senior Fitness Y-Functional Fit Camp	Studio 7 SG Studio	Kim Mike	4:15-5:15	BODYPUMP	Studio 6	Joe
8:15-9:15	Pilates	Studio 2	Rotation	5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
9:00-10:00	Y-Cycle	Cycling Studio		5:30-6:15	Total Gym Advanced	Studio 3	Lonnie
9:15-10:15	Y-Chisel	Studio 6	Karen	5:30-6:30	Yoga	Studio 2	Lynda
9:15-10:15	Zumba	Studio 7	Gwen	5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
9:15-10:10	Xtricity strYkeForce	SG Studio	Shanda	6:30-7:30	BODYCOMBAT	Studio 7	Marie
	TRX® Interval Circuit	SG Studio	Lonnie	6:30-7:30	Y-Cycle	Cycling Studio	Jeff
10:30-11:30	Yoga	Studio 2	Danielle	6:30-7:20	Xtricity strYkeForce	SG Studio	Lonnie
10:30-11:30	BODYCOMBAT	Studio 6	Steve	FRIDAY			
10:30-11:30 10:30-11:30	BODYCOMBAT SSFP Circuit	Studio 6 Studio 7	Steve Karen	АМ			
		Studio 7	Karen	AM 5:30-6:30	BODYPUMP	Studio 6	Rotation
10:30-11:30 PM 12:00-12:45	SSFP Circuit Y-Cycle	Studio 7 Cycling Studio	Karen David	AM 5:30-6:30 8:00-9:00	Senior Fitness	Studio 7	Liza
10:30-11:30 PM 12:00-12:45 1:00-1:45	SSFP Circuit Y-Cycle SSFP Yoga	Studio 7 Cycling Studio Studio 7	Karen David Carmen	AM 5:30-6:30 8:00-9:00 8:15-9:15	Senior Fitness Pilates	Studio 7 Studio 2	Liza Rotation
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15	SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP	Studio 7 Cycling Studio Studio 7 Studio 6	Karen David Carmen Stacy	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00	Senior Fitness Pilates Y-Cycling	Studio 7 Studio 2 Cycling Studio	Liza Rotation Allison/Jim
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10	SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6	Naren David Carmen Stacy Jeanne	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15	Senior Fitness Pilates Y-Cycling BODYPUMP	Studio 7 Studio 2 Cycling Studio Studio 6	Liza Rotation Allison/Jim Eva
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced	Studio 7 Cycling Studio 5 Studio 7 Studio 6 Studio 6 Studio 3	Karen David Carmen Stacy Jeanne Lonnie	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7	Liza Rotation Allison/Jim Eva Jenny N
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15 5:30-6:30	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk	Studio 7 Cycling Studio 5 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7	David Carmen Stacy Jeanne Lonnie Ebony/Ashely	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6	Liza Rotation Allison/Jim Eva Jenny N Karen
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15 5:30-6:30 5:30-6:30	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga	Studio 7 Cycling Studio 5 Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2	David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:35 5:30-6:30 6:30-7:30	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:10	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 SG Studio	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:35 5:30-6:30 6:30-7:30 6:30-7:30	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:15 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron	5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 10:30-12:30	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 Studio 7 SG Studio	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:35 5:30-6:30 6:30-7:30 6:30-7:30	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 7 Studio 7 SG Studio Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio SG Studio	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 10:30-12:30 PM 1:00-1:45	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 7 Studio 7 SG Studio Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce	Studio 7 Cycling Studio 5 Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio SG Studio	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 SATURDAY	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 7 Studio 7 SG Studio Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00	SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio 5 SG Studio Gym Studio 6	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie Abduai Jen B	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 SATURDAY AM	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga SSFP Yoga	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 7 Studio 7 SG Studio Studio 7 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E Kim
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio 5 Gym Studio 6 Studio 7	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie Abduai Jen B Kim	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 SATURDAY AM 7:00-8:00	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga SSFP Yoga Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 SG Studio Studio 7 Studio 7 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E Kim
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:35 5:30-6:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-8:50	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Y-Core Performance	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio 7 Cycling Studio SG Studio 6 Studio 7 Studio 6 Studio 7 Studio 6	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie Abduai Jen B Kim Karen	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 10:30-12:30 PM 1:00-1:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 8:15-9:00	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga SSFP Yoga Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Total Gym Foundations	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 SG Studio Studio 7 Studio 7 Studio 7 Studio 7 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E Kim Rotation Jeff Rotation Karen
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-8:50 8:30-9:15	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Y-Core Performance Total Gym Foundations	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio 7 Cycling Studio 5 Gym Studio 6 Studio 7 Studio 6 Studio 7	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie Abduai Jen B Kim Karen Lonnie	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 10:30-12:30 PM 1:00-1:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 8:15-9:00 9:00-10:00	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga SSFP Yoga Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Total Gym Foundations Y-Cycle	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 SG Studio Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E Kim Rotation Jeff Rotation
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-8:50 8:30-9:15 9:15-10:15	Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Y-Core Performance Total Gym Foundations Y-Cycle	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio 5 Gym Studio 6 Studio 7 Studio 6 Studio 7 Studio 3 Cycling Studio 5 Studio 7 Studio 6 Studio 7 Studio 5 Studio 7 Studio 5 Studio 7 Studio 5 Studio 5 Studio 3 Cycling Studio	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie Abduai Jen B Kim Karen Lonnie Liz	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 10:30-12:30 PM 1:00-1:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 8:15-9:00 9:00-10:00	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga SSFP Yoga Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Total Gym Foundations Y-Cycle Zumba	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 7 Studio 7 SG Studio Studio 7 Studio 7 Studio 7 Studio 7 Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E Kim Rotation Jeff Rotation Karen Laura
10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:30 6:30-7:30 6:30-7:25 WEDNESDA AM 5:30-6:15 6:00-7:00 8:00-9:00 8:30-8:50 8:30-9:15 9:15-10:15	SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP Step X-press Total Gym Advanced Y-Cardio Funk Yoga BODYCOMBAT Y-Cycle Xtricity strYkeForce Y Cardio Fusion BODYPUMP Senior Fitness Y-Core Performance Total Gym Foundations Y-Cycle BODYPUMP	Studio 7 Cycling Studio Studio 7 Studio 6 Studio 3 Studio 7 Studio 2 Studio 7 Cycling Studio 5 Gym Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 7 Studio 6 Studio 3 Cycling Studio Studio 6	Karen David Carmen Stacy Jeanne Lonnie Ebony/Ashely Denisse Aaron Jeff Lonnie Abduai Jen B Kim Karen Lonnie Liz Karen	AM 5:30-6:30 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 8:15-9:00 9:00-10:00 9:00-10:00	Senior Fitness Pilates Y-Cycling BODYPUMP BODYSTEP Athletic BODYPUMP Zumba Xtricity Circuit Breaker Yoga SSFP Yoga Y-Chisel/BODYPUMP Y-Cycle Step/BODYSTEP Total Gym Foundations Y-Cycle Zumba BODYFLOW	Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 SG Studio Studio 7 Studio 7 Studio 7 Studio 7 Studio 5 Cycling Studio Studio 7 Studio 3 Cycling Studio Gym Studio 7	Liza Rotation Allison/Jim Eva Jenny N Karen Danielle Shanda Sue E Kim Rotation Jeff Rotation Karen Laura Lynda
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CLASS DESCRIPTIONS

ConneXus Xtricity

The Milwaukee YMCA is the first in the world to introduce programming on the Matrix ConneXus Perimeter System. Be one of the first people to experience the newest innovation in cross circuit and fitness boxing programming. Scientifically engineered to create diversity in your training regimen that will increase your athletic performance. Choose from two distinct platforms maximize the unique training modalities available through this revolutionary ConneXus design.

Fee: (Program runs monthly)

Member \$25 1 day a week \$40 2 days a week

Community \$40 1 day a week \$60 2 days a week (All Fee Based programs runs monthly)

X-Circuit Training (Cross Circuiting Training):

Parallels- Traditional Interval Circuit training for results based fitness. Our trained and certified instructors will guide participants through stacked layers of progressive training dynamics. Each class will have specific outcome levers to maximize performance during individual work phases. Clear and focused coaching will guide participants as they toggle their training between timed and quantified circuit rounds. This module is perfect for those individuals who are interested in ramping up their work out through high and variable intensity training.

Circuit Breaker-The ultimate evolution in cross training has arrived. Our trained and certified instructors will guide participants through intense multi-layered progressive training dynamics. Each class is uniquely different and designed to catapult participants to a new threshold of athletic performance. Advanced sports specific, explosive power and speed dynamic training modules will help participants barrel through their plateau and increase their overall level of fitness. Expect to be challenged to your physical limits as you power through each circuit. This ADVANCED Performance module is perfect for individuals who have a solid and successful work out regime and want to progress their level of fitness.

Boxing Specific (Fitness Boxing)

strYkeForce!- Impact based Fitness Boxing is has finally arrived! Now you can truly get into the fight with the premier of the Milwaukee YMCA's exclusive Fitness boxing program. Our trained and certified instructors will guide participants through traditional and advanced boxing specific calisthenics, sparring, shadow and heavy bag drills. Each class module will focus on building multiple striking techniques that will help pound through offensive and defensive fight patterns. Participants will be striking (punching) and spotting (holding) a heavy bag through out the work and must be comfortable with impact and partner work phases. This class will change your body and get you Fight ready by increasing your speed, power and endurance. Communal heavy bag gloves will be available for this class, however it is recommended that participants provide their own wraps and gloves. This module is perfect for any one that is looking to diversify their routine.

Total Gym Foundations (Level 1 and 2) 35-45 minutes – This class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

TRX[®] **Foundations** month long session that costs \$25. This 30 minute class will be a beginner pace that will focus on really learning the straps and understanding how your body works with the suspension trainer. Take the extra time to set up each move individually and focus less on the cardio aspect. Class is offered twice a week for the month long session that costs \$25 or Saturdays for once a week for \$15

TRX[®] **Core** This extreme core workout is designed to offer you a mix of strength, core stability and balance exercises using your own bodyweight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all levels, ages and abilities. This module will help participants prepare for TRX[®] Cardio Circuit and TRX[®] Fusion. Four week session for \$15

TRX[®] **Core Performance** This 20 minute class will up the intensity a bit from basics but is still a beginner class. The cardio pace is picked up in this class while the core is the main focus the entire time. A twice a week class for the month long session that costs \$25.

Y-Blitz An all out fitness war in only 35 minutes. Blitz will provide the CrossFit style workouts that you are looking for. Using everything from weights to tires it will elevate your overall fitness and be a plateau buster. Unlimited Y-Blitz at \$25 per Session.

Y-Chisel This class is designed to strengthen various muscle groups using hand weights, resistance bands and stabilization techniques. A full body workout that builds bone density and reshapes muscle to increase efficiency in daily activities.

Y-Kettlebell Foundations Master kettle bell technique and form in this 30 minute class that focuses on setting up the basic moves of kettle bell momentum training. A low-impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout.

Y-Functional Fit Camp Kettle Bell and TRX Suspension training meets indoor boot camp. This class meets 2 times a week for 45 minutes and will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. \$49 for the month.