GROUP EXERCISE SCHEDULE RITE-HITE FAMILY YMCA



January 2nd— February 26th BOLDED CLASSES DENOTE AN EXTRA FEE

MONDAY

115-10:15 Y-Chisel 115-10:15 Zumba 115-10:10 Xtricity strYk 0:25-11:20 Xtricity strYk 0:25-10:55 TRX® Interval 0:30-11:30 SOBY COMBAT 0:30-11:30 SSFP Circuit M 2:00-12:45 Y-Cycle: Coach :15-5:15 BODYPUMP :200-1:45 SSFP Yoga :30-6:15 Total Gym Ad :30-6:30 Yoga :30-6:30 Yoga :30-6:30 Yoga :30-6:30 Yoga :30-6:30 Yoga :30-7:00 YKettlebell Into :40-7:40 BODYCOMBAT :30-7:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:55 Xtricity strYk VEDNESDAY M :30-6:15 Cardio Fusion :00-7:00 BODYPUMP :30-8:50 Absoglutely :00-9:05 Xtricity strYk :00-9:05 Xtricity circu				WEDNESDA	Y CONTINUED		
:30-6:15 Cardio Fusion :00-7:00 BODYPUMP :00-9:00 Silver and Fit :30-8:50 Absoglutely :00-10:00 Y-Cycle: Coach :15-10:15 BODYPUMP :15-10:15 BODYPUMP :15-10:15 BODYCOMBAT :0:0-1:45 SSFP Classic :0:0-2:45 SSFP Classic :0:0-7:00 Pilates :0:0-7:00 Pilates :0:0-7:00 Pilates :0:0-7:00 Pilates :0:0-7:00 Pilates :0:0-7:00 Silver and Fit :1:5-9:15 Pilates :0:0-7:00 Silver and Fit :1:5-9:15 Pilates :0:0-10:00 Y-Cycle: Coach :0:0-9:45 Total Gym Fa :0:1:10 Xtricity strYk :0:2:5-10:55 TRX® Interval :0:3:0-11:30 SSFP Circuit M SSFP Circuit :0:3:0-11:30 SSFP Circuit M SSFP Circuit :0:3:0-11:30 SSFP Circuit M SSFP Circuit		LOCATION	INSTRUCTOR	PM			
Bodypump 100-7:00 Silver and Fit 130-8:50 Absoglutely 100-10:00 Y-Cycle: Coach 15-10:15 BODYPUMP 115-10:15 SSFP Classic 100-1:45 SSFP Classic 100-7:00 Pilates 130-6:15 Y Functional 130-6:15 Advanced Step 130-6:15 Y Functional 130-6:30 Y-Cycle: Coach 130-9:15 Pilates 130-11:30 SV FP Circuit M Circuit strYk 0:30-11:30 Y-Cycle: Coach 15-10:15 Zumba 15-10:15 Zumba 15-10:15 Zumba 15-10:15 Zumba 15-10:15 SSFP Circuit M Circo-12:45 Y-Cycle: Coach				1:00-1:45	SSFP Classic	Studio 7	Carmen
:00-9:00 Silver and Fit :30-8:50 Absoglutely :00-10:00 Y-Cycle: Coach :15-10:15 BODYPUMP :15-10:15 BODYCOMBAT :0:30-11:30 BODYFLOW :30-11:30 BODYPUMP M :0:0-1:45 SSFP Classic :0:0-2:45 SSFP Classic :2:5-6:25 BODYPUMP :30-6:25 Zumba :0:0-7:00 Pilates :30-7:30 BODYPUMP :30-7:30 BODYPUMP :30-6:15 Y Functional :30-6:30 Y-Cycle: Coach :0:0-9:00 Silver and Fit :15-9:15 Pilates :0:0-10:00 Y-Cycle: Coach :0:0-9:45 Total Gym Fe :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Xtricity strYk :0:30-11:30 SSFP Circuit M :0:0-1:45 SSFP Yoga <td< td=""><td>ion</td><td>Gym</td><td>Abduai</td><td>5:20-6:20</td><td>Zumba</td><td>Studio 7</td><td>Alana</td></td<>	ion	Gym	Abduai	5:20-6:20	Zumba	Studio 7	Alana
:30-8:50 Absoglutely :00-10:00 Y-Cycle: Coach :15-10:15 BODYPUMP :15-10:15 BODYCOMBAT 0:30-11:30 BODYPUMP M BODYPUMP :00-1:45 SSFP Classic :00-2:45 SSFP Classic :25-6:25 BODYPUMP M BODYPUMP :30-6:25 Zumba :30-7:30 BODYPUMP :30-7:30 BODYPUMP :30-7:30 BODYPUMP :30-6:15 Y Functional :30-6:30 Y-Cycle: Coach :00-9:00 Silver and Fit :15-9:15 Pilates :00-10:00 Y-Cycle: Coach :00-9:05 Total Gym Fe :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Y-Cycle: Coach :0:30-11:30 SSFP Circuit M SSFP Circuit :15-10:15 Y-Cycle: Coach :0:30-11:30 SSFP Yoga :15-5:15 BODYPUMP :2:0-12:45 <)	Studio 6	Sara	5:30-6:30	Y-Cycle: Coach By Color	Cycling Studio	Shanda
:00-10:00 Y-Cycle: Coach :15-10:15 BODYPUMP :15-10:15 BODYCOMBAT 0:30-11:30 BODYFLOW 0:30-11:30 BODYPUMP M BODYPUMP :00-1:45 SSFP Classic :20-2:45 SSFP Classic :20-2:45 SSFP Classic :20-7:30 BODYPUMP :30-6:25 Zumba :00-7:00 Pilates :30-7:30 BODYPUMP :35-7:35 Advanced Step :45-8:45 Zumba :00-7:00 Flates :00-7:00 Y-Cycle: Coach :00-9:00 Silver and Fit :15-9:15 Pilates :00-10:00 Y-Cycle: Coach :00-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:15 SSFP Circuit M Solo-11:30 SOPYOMBAT <tr< td=""><td>Fit</td><td>Studio 7</td><td>Karen</td><td>5:45-6:15</td><td>Xtricity Circuit Breaker</td><td>SG Studio</td><td>Kou</td></tr<>	Fit	Studio 7	Karen	5:45-6:15	Xtricity Circuit Breaker	SG Studio	Kou
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0:30-11:30 BODYFLOW 0:30-11:30 BODYPUMP M		Studio 7	Erin		Zamba	Stadio /	Cidita
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:30-7:30 BODYPUMP :35-7:35 Advanced Step :45-8:45 Zumba UESDAY M :30-6:15 Y Functional :30-6:30 Y-Cycle: Coach :00-9:00 Silver and Fit :15-9:15 Pilates :00-10:00 Y-Cycle: Coach :00-9:45 Total Gym Fa :15-10:15 Y-Chisel :15-10:15 Zumba :15-10:15 Y-Cycle: Coach :0:25-11:20 Xtricity strYk :0:25-10:55 TRX® Interval :0:30-11:30 SOFP Circuit M 2:00-12:45 Y-Cycle: Coach :0:30-11:30 SSFP Circuit M 2:00-12:45 Y-Cycle: Coach :0:30-11:30 SOPYPUMP :25-6:10 Step X-press :30-6:30 Y-Cardio Funk :30-6:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:25 Xtricity strYk VEDNESDAY M :30-7:26 Cardio Fusion		Studio 7	Gwen	9:00-10:00	Y-Cycle	Cycling Studio	Liz
335-7:35 Advanced Step: :45-8:45 Zumba UESDAY M :30-6:15 Y Functional :30-6:15 Pilates :00-10:00 Y-Cycle: Coact :00-9:45 Total Gym Fd :15-9:15 Pilates :00-10:00 Y-Cycle: Coact :00-9:45 Total Gym Fd :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:10 Xtricity strYk 0:30-11:30 Yoga 0:30-11:30 BODYCOMBAT 0:30-11:30 SSFP Circuit M Sof-6:15 :30-6:15 Total Gym Ad :30-6:15 Total Gym Ad :30-6:15 Total Gym Ad :30-7:30 Y-Cycle: Coact :30-7:30 Y-Cycle: Coact <td></td> <td>Studio 2</td> <td>Mel</td> <td>9:15-10:15</td> <td>Y-Chisel</td> <td>Studio 6</td> <td>Karen</td>		Studio 2	Mel	9:15-10:15	Y-Chisel	Studio 6	Karen
335-7:35 Advanced Step: :45-8:45 Zumba UESDAY M :30-6:15 Y Functional :30-6:15 Pilates :00-10:00 Y-Cycle: Coact :00-9:45 Total Gym Fd :15-9:15 Pilates :00-10:00 Y-Cycle: Coact :00-9:45 Total Gym Fd :15-10:15 Zumba :15-10:15 Zumba :15-10:15 Zumba :15-10:10 Xtricity strYk 0:30-11:30 Yoga 0:30-11:30 BODYCOMBAT 0:30-11:30 SSFP Circuit M Sof-6:15 :30-6:15 Total Gym Ad :30-6:15 Total Gym Ad :30-6:15 Total Gym Ad :30-7:30 Y-Cycle: Coact :30-7:30 Y-Cycle: Coact <td>)</td> <td>Studio 6</td> <td>Cori</td> <td>9:15-10:15</td> <td>BODYCOMBAT</td> <td>Studio 7</td> <td>Steve</td>)	Studio 6	Cori	9:15-10:15	BODYCOMBAT	Studio 7	Steve
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Bill Silver and Fit 15-9:15 Pilates 100-10:00 Y-Cycle: Coach 100-9:45 Total Gym Fo 15-10:15 Zumba 15-10:15 Zumba 15-10:15 Zumba 15-10:10 Xtricity strYke 0:25-11:20 Xtricity strYke 0:25-11:30 Yoga 0:30-11:30 BODYCOMBAT 0:30-11:30 SSFP Circuit M 2:00-12:45 Y-Cycle: Coach 2:00-12:45 Y-Cycle: Coach :00-1:45 SSFP Yoga :15-5:15 BODYPUMP :25-6:10 Step X-press :30-6:15 Total Gym Ad :30-6:30 Y-Cardio Funk :30-6:30 Yoga :30-7:00 YKettlebell Intr :40-7:40 BODYCOMBAT :30-7:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:30 Y-Cycle: Coach :30-7:30 Solytell :		SG Studio	Rotation	10:30-11:30	SSFP Circuit	Studio 7	Dawn
15-9:15 Pilates :00-10:00 Y-Cycle: Coach :00-9:45 Total Gym Fo :15-10:15 Y-Chisel :15-10:15 Zumba :15-10:10 Xtricity strYke 0:25-11:20 Xtricity strYke 0:25-10:55 TRX® Interval 0:30-11:30 BODYCOMBAT 0:30-11:30 SSFP Circuit M 2:00-12:45 :15-5:15 BODYPUMP :25-6:10 Step X-press :30-6:15 Total Gym Ad :30-6:15 Total Gym Ad :30-7:00 YKettlebell Intr :40-7:40 BODYCOMBAT :30-7:25 Xtricity strYke VEDNESDAY M :30-6:15 Cardio Funk :30-7:20 YKettlebell Intr :40-7:40 BODYCOMBAT :30-7:20 Ycycle: Coach :30-7:30 Y-Cycle: Coach :30-7:25 Xtricity strYke VEDNESDAY M :30-6:15 Cardio Fusion :00-7:00 BODYPUMP :00-9:00 Silver and Fit <		Cycling Studio		РМ			
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QUES)	Studio 6	Gretchen	SUNDAY			
R		Studio 2	Amy	AM			
R				9:00-10:00	Y-Cycle	Cycling Studio	Rotation
R	JESTIONS?	Contact				Studio 6	
	Robert Ver			10:15-11:15	BODYPUMP		Rotation
Group E				11:20-12:05	YC3	Studio 7	Rotation
	o Exercise (<u>Coordinato</u>	r	PM	Ma aa	Charlie Z	Detetio
rvenzant@ymc				12:30-1:30	Yoga	Studio 7	Rotation
rvenzant@ymc	ncamke.org	J 01 414.3	57.2051				

WEDNESDAY CONTINUED

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.