

# GROUP EXERCISE SCHEDULE

## RITE-HITE FAMILY YMCA

October 1st—November 5th **UPDATED**

### SHOCKTOBER



#### MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
5:30-6:15	Cardio Fusion	Gym	Abduai
6:00-7:00	BODYPUMP	Studio 6	Sara
8:00-9:00	Senior Fitness	Studio 7	Karen
8:30-8:50	Y-core	Studio 6	Shanda
9:00-10:00	Y-Cycle	Cycling Studio	Shanda
9:15-10:15	Yoga	Studio 2	Levy
9:15-10:15	BODYPUMP	Studio 6	Allison
9:15-10:15	BODYCOMBAT	Studio 7	Erin
<b>10:15-11:00</b>	<b>Total Gym Beginners</b>	<b>Studio 3</b>	<b>Shanda</b>
10:30-11:30	BODYFLOW	Studio 7	Eva
10:30-11:30	BODYPUMP	Studio 6	Jim
<b>PM</b>			
1:00-1:45	SSFP Classic	Studio 7	Kim
2:00-2:45	SSFP Classic	Studio 7	Kim
5:25-6:25	BODYPUMP	Studio 6	Amanda
5:30-6:30	Y-Cycle	Cycling Studio	Timeka
5:30-6:25	Zumba	Studio 7	Gwen
6:00-7:00	Pilates	Studio 2	Lesli
6:30-7:30	BODYPUMP	Studio 6	Joe
6:30-7:30	Advanced Step	Studio 7	Lynda
7:00-8:00	Zumba	Studio 3	Ciara

#### TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
<b>5:30-6:15</b>	<b>Y Functional Fit Camp</b>	<b>SG Studio</b>	<b>Shanda</b>
5:30-6:30	Y-Cycle	Cycling Studio	Sarah
6:30-6:50	Y-Core	Studio 6	Shanda
8:00-9:00	Senior Fitness	Studio 7	Kim
<b>9:00-9:45</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Shanda</b>
8:15-9:15	Pilates	Studio 2	Rotation
9:00-10:00	Y-Cycle	Cycling Studio	Jim
9:15-10:15	Y-Chisel	Studio 6	Karen
9:15-10:15	Zumba	Studio 7	Gina
<b>9:15-10:10</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Lonnie</b>
10:05-11:05	Yoga	Studio 2	Deb
10:30-11:30	BODYCOMBAT	Studio 6	Steve
10:30-11:30	SSFP Circuit	Studio 7	Karen
<b>PM</b>			
12:00-12:45	Y-Cycle	Cycling Studio	Kim
1:00-1:45	SSFP Yoga	Studio 7	Kim
2:00-2:45	SSFP Yoga	Studio 7	Kim
4:15-5:15	BODYPUMP	Studio 6	Stacy
5:25-6:10	Step X-press	Studio 6	Jeanne
<b>5:30-6:15</b>	<b>Total Gym Advanced</b>	<b>Studio 3</b>	<b>Timeka</b>
5:30-6:30	Y-Cardio Funk	Studio 7	Nicole
5:30-6:30	Yoga	Studio 2	Denisse
6:30-7:00	YKettlebell Interval Circuit	Studio 6	Gwen
6:40-7:40	BODYCOMBAT	Studio 7	Joy
6:30-7:30	Y-Cycle	Cycling Studio	Jeff

#### WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
5:30-6:15	Cardio Fusion	Gym	Abduai
6:00-7:00	BODYPUMP	Studio 6	Jen B
8:00-9:00	Senior Fitness	Studio 7	Kim
8:30-8:50	Absolutely	Studio 6	Karen
<b>9:00-9:45</b>	<b>Total Gym</b>	<b>Studio 3</b>	<b>Shanda</b>
9:15-10:15	BODYPUMP	Studio 6	Karen
9:15-10:15	BODYSTEP	Studio 7	Jen
9:15-10:15	Y-Cycle	Cycling Studio	Liz
<b>10:00-10:45</b>	<b>StrYkeforce Lightweight</b>	<b>SG Studio</b>	<b>Shanda</b>
10:00-11:00	Tai Chi	Studio 2	Cathy
10:30-11:30	BODYFLOW	Studio 7	Steve
10:30-11:30	BODYPUMP	Studio 6	Gretchen
<b>11:00-11:30</b>	<b>Xtricity Circuit</b>	<b>SG Studio</b>	<b>Shanda</b>
11:30-12:30	Yoga	Studio 2	Amy

#### WEDNESDAY CONTINUED

TIME	CLASS	LOCATION	INSTRUCTOR
<b>PM</b>			
1:00-1:45	SSFP Classic	Studio 7	Kim
5:20-6:20	Zumba	Studio 7	Alana
<b>5:30-6:15</b>	<b>Adult Hip-Hop</b>	<b>Studio 6</b>	<b>Antonio</b>
6:30-7:30	BODYFLOW	Studio 2	Denisse
6:30-7:30	BODYPUMP	Studio 6	Laura
6:30-7:30	Advanced Step	Studio 7	Lynda
7:00-8:00	Zumba	Studio 3	Ciara

#### THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
<b>5:30-6:15</b>	<b>Y Functional Fit Camp</b>	<b>SG Studio</b>	<b>Timeka</b>
5:30-6:30	Y-Cycle	Cycling Studio	Laura
8:00-9:00	Zumba Gold	Studio 7	Gina
<b>9:00-9:45</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Timeka</b>
9:15-10:15	Y-Chisel	Studio 6	Karen
9:15-10:15	BODYCOMBAT	Studio 7	Steve
<b>9:15-10:10</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Lonnie</b>
10:30-11:30	Yoga	Studio 6	Kristin
10:30-11:30	SSFP Circuit	Studio 7	Dawn
<b>PM</b>			
12:00-12:45	Y-Cycle	Cycling Studio	Timeka
1:00-1:45	SSFP Classic	Studio 7	Dawn
4:15-5:15	BODYPUMP	Studio 6	Joe
5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
5:30-6:30	Yoga	Studio 2	Lynda
5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
6:30-7:00	Y Kettlebell Interval Circuit	Studio 6	Gwen
6:30-7:30	BODYCOMBAT	Studio 7	Marie
6:30-7:30	Y-Cycle	Cycling Studio	Jeff

#### FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
<b>5:30-6:15</b>	<b>Boot Combat</b>	<b>SG Studio</b>	<b>Shanda</b>
6:00-7:00	BODYPUMP	Studio 6	Rotation
6:30-6:50	Y-Core	Studio 7	Shanda
8:00-9:00	Senior Fitness	Studio 7	Liza
8:15-9:15	Pilates	Studio 2	Rotation
9:00-10:00	Y-Cycle	Cycling Studio	Rotation
9:15-10:15	BODYPUMP	Studio 6	Eva
9:15-10:15	BODYSTEP Athletic	Studio 7	Jenny N
10:30-11:30	BODYPUMP	Studio 6	Karen
10:30-11:20	Zumba	Studio 7	Gina
11:30-12:30	Yoga	Studio 7	Sue E
<b>PM</b>			
1:00-1:45	SSFP Yoga	Studio 7	Carmen
2:00-2:45	SSFP Yoga	Studio 7	Carmen
<b>5:30-6:15</b>	<b>Adult Hip-Hop</b>	<b>Studio 6</b>	<b>Antonio</b>
5:45-6:45	Zumba	Studio 7	Tomia

#### SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
7:00-8:00	BODYPUMP	Studio 6	Rotation
7:45-8:45	Y-Cycle	Cycling Studio	Laura
8:05-9:05	Step/BODYSTEP	Studio 7	Rotation
9:00-10:00	Y-Cycle	Cycling Studio	Rotation
9:00-10:00	Zumba	Gym	Gwen
9:15-10:15	BODYFLOW	Studio 7	Lynda
9:15-10:15	BODYPUMP	Studio 6	Allison
10:30-11:30	BODYPUMP	Studio 6	Rotation

#### SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
9:00-10:00	BODYCOMBAT	Studio 7	Marie
9:00-10:00	Y-Cycling	Cycling Studio	Rotation
10:15-11:15	BODYPUMP	Studio 6	Rotation
11:30-12:30	Yoga	Studio 7	Rotation

# 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-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.