GROUP EXERCISE SCHEDULE RITE-HITE FAMILY YMCA

JANUARY 1ST-JANUARY 31ST

Main	MONDAY	CLACC	LOCATION	TNCTDUCTO		Y CONTINUED		
39-6-130 Cardio Fusion Studio 7 Abdual 5-206-220 Zumba Studio 7 Alean	TIME	CLASS	LOCATION	INSTRUCTOR				
1909-7100 SODYPUMP		Cardio Fusion	Studio 7	Abduai				
1909-9100 Senior Fitness								
3.08-8:50 Y-core Studio 6 Timeka 6,30-7:30 DDDYPIMP Studio 6 Leuva Timeka 6,30-7:30 DDDYPIMP Studio 7 Lyndon Timeka T								
1909-10-00 Y-Cycle								
151-1015 Yoga								
15-10-15 15-10-15		· · · · · · · · · · · · · · · · · · ·	, -		6:30-7:30	Advanced Step	Studio 7	Lynda
15-10:15 BODYPUMP		_		•		Zumba	Studio 3	Ciara
15-10-15 SODYCOMBAT Studio 7 Evin Studio 6 Evin Studio 7 Evin Evin Studio 7 Evin Ev		_		•	THURSDAY			
330-11:30 SODYFLOW Studio 6 Jim Studio 7 Kim Studio 6 Amanda 9 Studio 8 Studio 9					TIME	CLASS	LOCATION	INSTRUCTO
320-1130 BODYPUMP Studio 6 Jim Signo-5:30 V-Cycle Cycling Studio 7 Kim Signo-5:30 Carrier Signo-5:3					AM			
Non-145 SSFP Classic Studio 7 Kim 9:00-945 SSFP Classic Studio 6 Amanda 9:00-945 SSFP Classic Studio 6 Carrier SSFP Classic SSFP Classi					5:30-6:15	Y Functional Fit Camp	SG Studio	Timeka
		BODYPUMP	Studio 6	Jim	5:30-6:30	Y-Cycle	Cycling Studio	Laura
					8:00-9:00	Zumba Gold	Studio 7	Gina
23-6-15					9:00-9:45	Total Gym Foundations	Studio 3	Timeka
330-6125					9:15-10:15	Y-Chisel	Studio 6	Karen
33-6-15					9:15-10:15	BODYCOMBAT	Studio 7	Steve
	:30-6:30	•			9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie
143-64-56 Pilates Studio 2 Cori/Liza 10:30-11:30 SSP Circuit Studio 7 Dawn	:30-6:25		Studio 7		10:30-11:30	=	Studio 6	Carrie
Studio 6 Joe PM Studio 6 Joe PM Studio 7 Clara 1:200-12:45 SFP Classic Studio 7 Dawn Outside 5 Studio 7 Dawn Studio 6 Joe PM Studio 7 Tasha Studio 7 Tasha Studio 7 Tasha Studio 3 Studio 3 Studio 3 Studio 3 Studio 3 Studio 5 Studio 6 Studio 6 Stadio 7 Joe Studio 7 Studio 7 Joe	:45-6:45	Pilates	Studio 2	Cori/Liza				
	:30-7:30	BODYPUMP	Studio 6	Joe				= =::::
	:30-7:30	Advanced Step	Studio 7	Lynda		Y-Cvcle	Cyclina Studio	Timeka
	:00-8:00	Zumba	Studio 3	Ciara				
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150-9-15						Total Gym	Studio 3	Timeka
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1.00-10.00		•			6:30-7:15	Xtricity strYkeForce	SG Studio	Timeka
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Studio 7	0:30-11:30	BODYCOMBAT	Studio 6	Steve				
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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)

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.

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.