

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

MAY 1ST—JUNE 30TH (UPDATED)



MONDAY				WEDNESDAY CONTINUED			
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
AM				PM			
5:30-6:30	Cardio Fusion	Studio 7	Abdual	1:00-1:45	SSFP Classic	Studio 7	Kim
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	5:30-6:30	Y-Cycle	Cycling Studio	Eliza
8:30-8:50	Y-core	Studio 6	Timeka	6:30-7:30	BODYFLOW	Studio 2	Denisse
9:00-9:45	Y-Cycle	Cycling Studio	Shanda	6:30-7:30	BODYPUMP	Studio 6	Laura M
9:15-10:15	Yoga	Studio 2	Levy	6:30-7:30	Advanced Step	Studio 7	Lynda
10:30-11:30	Yoga	Studio 2	Levy	7:00-8:00	Zumba®	Studio 4	Tomia
9:15-10:15	BODYPUMP	Studio 6	Allison	THURSDAY			
9:15-10:15	BODYCOMBAT	Studio 7	Erin	TIME	CLASS	LOCATION	INSTRUCTOR
10:30-11:30	BODYFLOW	Studio 7	Eva	AM			
10:30-11:30	BODYPUMP	Studio 6	Jim	5:30-6:15	Y-Functional Fit Camp	SG Studio	Shanda
PM				5:30-6:30	Y-Cycle	Cycling Studio	Laura M
1:00-1:45	SSFP Classic	Studio 7	Kim	8:00-9:00	Zumba Gold®	Studio 7	Sam
2:00-2:45	SSFP Classic	Studio 7	Kim	9:00-9:45	Total Gym Foundations®	Studio 4	Shanda
5:25-6:25	BODYPUMP	Studio 6	Amanda	9:15-10:15	Y-Chisel	Studio 6	Karen
5:30-6:30	Y-Cycle	Cycling Studio	TBA	9:15-10:15	BODYCOMBAT	Studio 7	Steve
5:30-6:25	Zumba®	Studio 7	Gwen	9:15-10:15	Xtricity strYkeForce	SG Studio	Lonnie
5:45-6:45	Pilates	Studio 2	Cori/Liza	10:30-11:30	Yoga	Studio 6	Carrie
6:30-7:30	BODYPUMP	Studio 6	Joe	10:30-11:30	SSFP Circuit	Studio 7	Dawn
6:30-7:30	Advanced Step	Studio 7	Lynda	PM			
6:55-7:25	Restorative Yoga	Studio 2	Denisse	12:00-12:45	Y-Cycle	Cycling Studio	Timeka
7:00-8:00	Zumba®	Studio 4	Esha	1:00-1:45	SSFP Classic	Studio 7	Dawn
TUESDAY				4:15-5:15	BODYPUMP	Studio 6	Joe
AM				5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
5:30-6:15	Y-Functional Fit Camp	SG Studio	Shanda	5:30-6:30	Yoga	Studio 2	Lynda
5:30-6:30	Y-Cycle	Cycling Studio	Sarah	5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
6:30-6:50	Y-Core	Studio 6	Shanda	6:30-7:15	Y-Kettlebell Basic	Studio 6	Raven
8:00-9:00	Senior Fitness	Studio 7	Kim	6:30-7:30	BODYCOMBAT	Studio 7	Marie
9:00-9:45	Total Gym Foundations®	Studio 4	Shanda	6:30-7:30	Y-Cycle	Cycling Studio	Cori
8:15-9:15	Pilates	Studio 2	Gretchen	FRIDAY			
9:00-10:00	Y-Cycle	Cycling Studio	Jim	AM			
9:15-10:15	Y-Chisel	Studio 6	Karen	5:30-6:15	Combat Camp	SG Studio	Shanda
9:15-10:15	Zumba®	Studio 7	Esha	6:00-7:00	BODYPUMP	Studio 6	Rotation
9:15-10:10	Xtricity StrYkeForce	SG Studio	Lonnie	8:00-9:00	Senior Fitness	Studio 7	Liza
10:05-11:05	Yoga	Studio 2	Deb	8:15-9:15	Pilates	Studio 2	Carrie
10:30-11:30	BODYCOMBAT	Studio 6	Steve	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
10:30-11:30	SSFP Circuit	Studio 7	Karen	9:15-10:15	BODYPUMP	Studio 6	Eva
PM				9:15-10:15	BODYSTEP Athletic	Studio 7	Jenny N
12:00-12:45	Y-Cycle	Cycling Studio	Kim	10:30-11:30	BODYPUMP	Studio 6	Karen
1:00-1:45	SSFP Yoga	Studio 7	Kim	10:30-11:20	Zumba®	Studio 7	Sam/Marissa
4:15-5:15	BODYPUMP	Studio 6	Stacy	11:30-12:30	Yoga	Studio 7	Sue E
5:25-6:10	Step X-press	Studio 6	Jeanne	PM			
5:30-6:30	Y-Cardio Funk	Studio 7	Nicole	1:00-1:45	SSFP Yoga	Studio 7	Carmen
5:30-6:30	Yoga	Studio 2	Denisse	5:45-6:45	Zumba	Studio 7	Tomia
6:30-7:00	Y-Kettlebell Interval Circuit	Studio 6	Gwen	SATURDAY			
6:40-7:40	BODYCOMBAT	Studio 7	Joy	AM			
6:30-7:30	Y-Cycle	Cycling Studio	Laura M	7:00-8:00	BODYPUMP	Studio 6	Rotation
WEDNESDAY				7:45-8:45	Y-Cycle	Cycling Studio	Jeff
AM				7:45-8:30	Y-Fit Camp	SG Studio	Timeka
5:30-6:30	Cardio Fusion	Studio 7	Abdual	8:05-9:05	Advance Step	Studio 7	Lynda
6:00-7:00	BODYPUMP	Studio 6	Jen B	8:45-9:30	Total Gym Foundations®	Studio 4	TBA
8:00-9:00	Senior Fitness	Studio 7	Kim	8:45-9:30	StrYkeForce	SG Studio	Laura B
8:30-8:50	Absolutely	Studio 6	Karen	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
9:15-10:15	BODYPUMP	Studio 6	Karen	9:00-10:00	Zumba®	Gym	Gwen
9:15-10:15	BODYSTEP	Studio 7	Jen	9:15-10:15	BODYFLOW	Studio 7	Lynda
9:15-10:15	Y-Cycle	Cycling Studio	Laura C.	9:15-10:15	BODYPUMP	Studio 6	Allison
10:00-11:00	Tai Chi	Studio 2	Cathy	10:30-11:30	BODYCOMBAT	Studio 7	Erin/Eva
10:30-11:30	BODYFLOW	Studio 7	Steve	10:30-11:30	BODYPUMP	Studio 6	Rotation
10:30-11:30	BODYPUMP	Studio 6	Gretchen	SUNDAY			
11:30-12:30	Yoga	Studio 2	TBA	AM			
				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

Questions: Contact Lonnie Watts at lwatts@ymcamke.org
414.274.0815

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)

Y-Member	\$25 1 day a week	\$40 2 days a week
Program Member	\$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.

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.

Total Gym Foundations– 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 Core– This extreme core workout is designed to offer you a mix of strength, core stability, and balance exercises using your own body-weight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all Levels, ages and abilities.