

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

June 3rd—September 2nd (June 21st)



MONDAY				WEDNESDAY CONTINUED			
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
AM				PM			
5:30-6:30	Cardio Fusion	Studio 7	Abduai	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	5:45-6:30	YOutdoor Boot Camp	SG studio/Outdoors	TBA
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	7:00-7:45	YOutdoor Boot Camp	SG studio/Outdoors	Shanda
2:00-2:45	SSFP Classic®	Studio 7	Kim	8:00-9:00	Zumba Gold®	Studio 7	Sam
5:25-6:25	BODYPUMP®	Studio 6	Amanda	8:30-9:15	Total Gym Foundations	Studio 4	Shanda
5:30-6:25	Zumba®	Studio 7	Gwen	9:15-10:15	Y-Chisel	Studio 6	Karen
5:45-6:30	YOutdoor Boot Camp	SG studio/Outdoors	TBA	9:15-10:15	BODYCOMBAT®	Studio 7	Steve
5:45-6:45	Pilates	Studio 2	Cori/Liza	9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie
6:30-7:30	BODYPUMP®	Studio 6	Joe	9:20-10:05	Total Gym Foundations	Studio 4	Shanda
6:30-7:30	Advanced Step	Studio 7	Lynda	10:30-11:30	Yoga	Studio 6	Levy
6:55-7:25	Restorative Yoga	Studio 2	Denisse	10:30-11:30	SSFP Circuit	Studio 7	Dawn
7:00-8:00	Zumba®	Studio 4	Esha	PM			
TUESDAY				1:00-1:45	SSFP Classic	Studio 7	Dawn
AM				4:15-5:15	BODYPUMP®	Studio 6	Joe
5:30-6:15	Y-Functional Fit Camp	SG Studio	Shanda	5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
5:30-6:30	Y-Cycle	Cycling Studio	Sarah	5:30-6:30	Yoga	Studio 2	Lynda
7:00-7:45	YOutdoor Boot Camp	SG studio/Outdoors	Shanda	5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
8:00-9:00	Senior Fitness	Studio 7	Kim	6:30-7:15	Y-Kettlebell Basic	Studio 6	Raven
8:30-9:15	Total Gym Foundations	Studio 4	Shanda	6:30-7:30	BODYCOMBAT®	Studio 7	Marie
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/Enrique
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
9:20-10:05	Total Gym Foundations	Studio 4	Shanda	8:15-9:15	Pilates	Studio 2	TBA
10:05-11:05	Yoga	Studio 2	Deb	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
10:30-11:30	BODYCOMBAT®	Studio 6	Steve	9:15-10:15	BODYPUMP®	Studio 6	Eva
10:30-11:30	SSFP Circuit	Studio 7	Karen	9:15-10:15	BODYSTEP® Athletic	Studio 7	Jenny N
PM				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				7:00-7:45	YOutdoor Boot Camp	SG studio/Outdoors	TBA
AM				8:00-9:00	Y-Cycle	Cycling Studio	Jeff
5:30-6:30	Cardio Fusion	Studio 7	Abduai	8:05-9:05	Advance Step	Studio 7	Lynda
6:00-7:00	BODYPUMP®	Studio 6	Jen B	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
8:00-9:00	Senior Fitness	Studio 7	Kim	9:00-10:00	Zumba®	Gym	Gwen
8:30-8:50	Absolutely	Studio 6	Karen	9:15-10:15	BODYFLOW®	Studio 7	Lynda
9:15-10:15	BODYPUMP®	Studio 6	Karen	9:15-10:15	BODYPUMP®	Studio 6	Allison
8:30-9:15	strYkeForce:Tactical Squad	SG Studio	Shanda	10:30-11:30	BODYCOMBAT®	Studio 7	Erin/Eva
9:15-10:15	BODYSTEP®	Studio 7	Jen	10:30-11:30	BODYPUMP®	Studio 6	Rotation
9:15-10:15	Y-Cycle	Cycling Studio	Laura C.	SUNDAY			
10:00-11:00	Tai Chi	Studio 2	Cathy	AM			
10:30-11:30	BODYFLOW®	Studio 7	Steve	9:00-10:00	BODYCOMBAT®	Studio 7	Marie
10:30-11:30	BODYPUMP®	Studio 6	Gretchen	9:00-10:00	Y-Cycling	Cycling Studio	Rotation
11:30-12:30	Yoga	Studio 2	Ulas	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.

YOutdoor Boot Camp- Special 6 week summer fitness program to get you in the best shape of your life! Participants will perform circuits, athletic drills and obstacle courses using equipment and the outdoor terrain. This 6 week results driven course will charge forward to your fitness goals. Free InBody® screening at the start and end of the course to help you track your progress. Class will meet at the Small Group Training Studio before heading outdoors. 2 days a week \$79 members \$99 community