

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

September 4 - October 28



MONDAY				WEDNESDAY CONTINUED			
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
AM				PM			
5:30-6:30	Cardio Fusion	Studio 7	TBA	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
9:00-9:45	Y-Cycle	Cycling Studio	Shanda	6:30-7:30	BODYFLOW	Studio 2	Denisse
9:15-10:15	Yoga	Studio 2	Levy	6:30-7:30	BODYPUMP	Studio 6	Laura M
10:30-11:30	Yoga	Studio 2	Levy	6:30-7:30	Advanced Step	Studio 7	Lynda
9:15-10:15	BODYPUMP	Studio 6	Allison	7:00-8:00	Zumba®	Studio 4	Tomia
9:15-10:15	BODYCOMBAT	Studio 7	Erin	THURSDAY			
10:30-11:30	BODYFLOW	Studio 7	Eva	TIME	CLASS	LOCATION	INSTRUCTOR
10:30-11:30	BODYPUMP	Studio 6	Jim	AM			
PM				5:30-6:15	Y-Functional Fit Camp	SG Studio	Shanda
1:00-1:45	SSFP Classic	Studio 7	Kim	5:30-6:30	Y-Cycle	Cycling Studio	Laura M
2:00-2:45	SSFP Classic	Studio 7	Kim	8:00-9:00	Zumba Gold®	Studio 7	Gina/Andria
5:25-6:25	BODYPUMP	Studio 6	Amanda	9:00-9:45	Total Gym Foundations ®	Studio 4	Shanda
5:30-6:25	Zumba®	Studio 7	Gwen	9:15-10:15	Y-Chisel	Studio 6	Karen
5:30-6:30	Y-Cycle	Cycling Studio	Timeka	9:15-10:15	BODYCOMBAT	Studio 7	Steve
5:30-6:30	Pilates	Studio 2	Cori/Liza	9:15-10:15	Xtricity strYkeForce	SG Studio	Lonnie
6:30-7:30	BODYPUMP	Studio 6	Joe	10:30-11:30	Yoga	Studio 6	Carrie
6:35-7:30	Advanced Step	Studio 7	Lynda	10:30-11:30	SSFP Circuit	Studio 7	Dawn
6:45-7:45	Restorative Yoga	Studio 2	Denisse	PM			
7:00-8:00	Zumba®	Studio 4	Esha	12:00-12:45	Y-Cycle	Cycling Studio	Timeka
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
6:30-6:50	Y-Core	Studio 6	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
9:00-9:45	Total Gym Foundations®	Studio 4	Shanda	6:30-7:30	BODYCOMBAT	Studio 7	Marie
8:15-9:15	Pilates	Studio 2	Gretchen	6:30-7:30	Y-Cycle	Cycling Studio	Jeff
9:00-10:00	Y-Cycle	Cycling Studio	Jim	FRIDAY			
9:15-10:15	Y-Chisel	Studio 6	Karen	AM			
9:15-10:15	Zumba®	Studio 7	Gina/Andria	5:30-6:15	Combat Camp	SG Studio	Shanda/TBA
9:15-10:10	Xtricity StrYkeForce	SG Studio	Lonnie	6:00-7:00	BODYPUMP	Studio 6	Rotation
10:05-11:05	Yoga	Studio 2	Deb	8:00-9:00	Senior Fitness	Studio 7	Liza
10:30-11:30	BODYCOMBAT	Studio 6	Steve	8:15-9:15	Pilates	Studio 2	Carrie
10:30-11:30	SSFP Circuit	Studio 7	Karen	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
PM				9:15-10:15	BODYPUMP	Studio 6	Eva
12:00-12:45	Y-Cycle	Cycling Studio	Kim	9:15-10:15	BODYSTEP Athletic	Studio 7	Jenny N
1:00-1:45	SSFP Yoga	Studio 7	Kim	10:30-11:30	BODYPUMP	Studio 6	Karen
4:15-5:15	BODYPUMP	Studio 6	Stacy	10:30-11:20	Zumba®	Studio 7	Marissa
5:25-6:10	Step X-press	Studio 6	Jeanne	11:30-12:30	Yoga	Studio 7	Sue E
5:30-6:30	Y-Cardio Funk	Studio 7	Nicole	PM			
5:30-6:30	Yoga	Studio 2	Denisse	1:00-1:45	SSFP Yoga	Studio 7	Carmen
6:30-7:00	Y-Kettlebell Interval Circuit	Studio 6	Gwen	5:45-6:45	Zumba	Studio 7	Tomia
6:40-7:40	BODYCOMBAT	Studio 7	Joy	SATURDAY			
6:30-7:30	Y-Cycle	Cycling Studio	Jeff	AM			
WEDNESDAY				7:00-8:00	BODYPUMP	Studio 6	Rotation
AM				7:45-8:45	Y-Cycle	Cycling Studio	Jeff
5:30-6:30	Cardio Fusion	Studio 7	TBA	8:05-9:05	Advance Step	Studio 7	Lynda
6:00-7:00	BODYPUMP	Studio 6	Jen B	8:45-9:30	StrYkeForce	SG Studio	Laura B
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	Rotation
9:15-10:15	BODYSTEP	Studio 7	Jen	10:30-11:30	BODYCOMBAT	Studio 7	Rotation
9:15-10:15	Y-Cycle	Cycling Studio	Laura C.	10:30-11:30	BODYPUMP	Studio 6	Rotation
10:00-11:00	Tai Chi	Studio 2	Cathy	SUNDAY			
10:30-11:30	BODYFLOW	Studio 7	Steve	AM			
10:30-11:30	BODYPUMP	Studio 6	Gretchen	9:00-10:00	BODYCOMBAT	Studio 7	Marie
11:30-12:30	Yoga	Studio 2	Ulas	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 Andria Hall at ahall@ymcamke.org
414.374.9405

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.