GROUP EXERCISE SCHEDULE RITE-HITE FAMILY YMCA

September 4 - October 28 (Updated 9-27-18)



| MONDAY TIME CLASS LOCATION INSTRUCTOR | | - WEDNESDAY CONTINUED | | | | | |
|--|---|--|--|---|--|--|--|
| TIME | CLASS | LOCATION | INSTRUCTOR | PM | | | |
| AM | | | | 1:00-1:45 | SSFP Classic | Studio 7 | Kim |
| 5:30-6:30 | Cardio Fusion | Studio 7 | Gwen | 5:20-6:20 | Zumba ® | Studio 7 | Alana |
| 6:00-7:00 | BODYPUMP® | Studio 6 | Sarah | 5:30-6:30 | Y-Cycle | Cycling Studio | Liza |
| 8:00-9:00 | Senior Fitness | Studio 7 | Karen | 6:30-7:30 | BODYFLOW® | Studio 2 | Denisse |
| 8:30-8:50 | Y-Core | Studio 6 | Daniel | 6:30-7:30 | BODYPUMP® | Studio 2 | Laura M |
| 9:00-9:45 | Y-Cycle | Cycling Studio | Shanda | | | | |
| 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 | THURSDAY | | | |
| 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 | | | |
| | | | | 5:30-6:15 | Y Functional Fit Camp | SG Studio | Shanda |
| 10:30-11:30 | BODYPUMP® | Studio 6 | Jim | 5:30-6:30 | Y-Cycle | Cycling Studio | Laura M |
| PM | | | | 8:00-9:00 | Zumba Gold® | Studio 7 | Gina/Andria |
| 1:00-1:45 | SSFP Classic | Studio 7 | Kim | 8:30-9:15 | Total Gym® Foundations | Studio 4 | Shanda |
| 2:00-2:45 | SSFP Classic | Studio 7 | Kim | 9:20-10:05 | Total Gym® Foundations | Studio 4 | Shanda |
| 5:25-6:25 | BODYPUMP® | Studio 6 | Joe | 9:15-10:15 | Y-Chisel | Studio 6 | Karen |
| 5:30-6:25 | Zumba® | Studio 7 | Gwen | 9:15-10:15 | BODYCOMBAT® | Studio 7 | Steve |
| 5:30-6:30 | Y-Cycle | Cycling Studio | Timeka | 9:15-10:10 | Xtricity strYkeForce | SG Studio | Lonnie |
| 5:30-6:30 | Pilates | Studio 2 | Liza | 10:30-11:30 | Yoga | Studio 6 | Levy |
| 6:30-7:30 | BODYPUMP® | Studio 6 | Jessica | 10:30-11:30 | SSFP Circuit | Studio 7 | Dawn |
| 6:35-7:30 | Advanced Step | Studio 7 | Lynda | PM | 3311 Circuit | Studio 7 | Dawii |
| 6: 45-7: 45 | Restorative Yoga | Studio 7 | Denisse | | V. Orașile | O II Ct II - | The stee |
| 0.45-7.45 | Restorative roga | Studio 2 | Dellisse | 12:00-12:45 | Y-Cycle | Cycling Studio | Timeka |
| | | | | 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 | 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 | | | | |
| 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 7 | Shanda | 6:30-7:30 | BODYCOMBAT® | Studio 7 | Marie |
| 9:20-10:05 | • | Studio 4 Studio 4 | Shanda | 6:30-7:30 | Y-Cycle | Cycling Studio | Jeff |
| | Total Gym® Foundations | | | FRIDAY | | | |
| 8:15-9:15 | Pilates | Studio 2 | Gretchen | AM | | | |
| 9:00-10:00 | Y-Cycle | Cycling Studio | Jim | 5:30-6:15 | Combat Camp | SG Studio | Shanda/TBA |
| 9: 15-10: 15 | Y-Chisel | Studio 6 | Karen | 6:00-7:00 | BODYPUMP® | Studio 6 | Rotation |
| | | | | | BOD I FOINIF ® | Stadio 0 | Rotation |
| 9: 15-10: 15 | Zumba® | Studio 7 | Esha | 8:00-9:00 | Senior Fitness | Studio 7 | Liza |
| 9:15-10:10 | Zumba® Xtricity StrYkeForce | Studio 7 SG Studio | Lonnie | 8:00-9:00 | Senior Fitness | Studio 7 | Liza |
| | | Studio 7 | | 8:00-9:00 8:15-9:15 | Senior Fitness Pilates | Studio 7 Studio 2 | Liza Mel |
| 9:15-10:10 | Xtricity StrYkeForce | Studio 7 SG Studio | Lonnie | 8:00-9:00 8:15-9:15 9:00-10:00 | Senior Fitness Pilates Y-Cycle | Studio 7 Studio 2 Cycling Studio | Liza Mel Rotation |
| 9:15-10:10 10:00-11:00 | Xtricity StrYkeForce Yoga | Studio 7 SG Studio Studio 2 | Lonnie Tonieh | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 | Senior Fitness Pilates Y-Cycle BODYPUMP® | Studio 7 Studio 2 Cycling Studio Studio 6 | Liza Mel Rotation Eva |
| 9:15-10:10 10:00-11:00 10:30-11:30 | Xtricity StrYkeForce Yoga BODYCOMBAT® | Studio 7 SG Studio Studio 2 Studio 6 | Lonnie Tonieh Steve | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 | Senior Fitness Pilates Y-Cycle BODYPUMP® BODYSTEP® Athletic | Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 | Liza Mel Rotation Eva Jenny N |
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| 9:15-10:10 10:00-11:00 10:30-11:30 10:30-11:30 PM | Xtricity StrYkeForce Yoga BODYCOMBAT® SSFP Circuit Y-Cycle | Studio 7 SG Studio Studio 2 Studio 6 Studio 7 | Lonnie Tonieh Steve Karen | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20 | Senior Fitness Pilates Y-Cycle BODYPUMP® BODYSTEP® Athletic BODYPUMP® Zumba® | Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 | Liza Mel Rotation Eva Jenny N Karen Marissa |
| 9:15-10:10 10:00-11:00 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 | Xtricity StrYkeForce Yoga BODYCOMBAT® SSFP Circuit Y-Cycle SSFP Yoga | Studio 7 SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio 5 Studio 7 | Lonnie Tonieh Steve Karen Kim | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 | Senior Fitness Pilates Y-Cycle BODYPUMP® BODYSTEP® Athletic BODYPUMP® | Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 | Liza Mel Rotation Eva Jenny N Karen |
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| 9:15-10:10 10:00-11:00 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:00 6:40-7:40 6:30-7:30 WEDNESD AM 5:30-6:30 | Xtricity StrYkeForce Yoga BODYCOMBAT® SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP® Step X-press Y-Cardio Funk Yoga Y-Kettlebell Interval Circuit BODYCOMBAT® Y-Cycle AY Cardio Fusion | Studio 7 SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio 7 Cycling Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Cycling Studio | Lonnie Tonieh Steve Karen Kim Kim Stacy Jeanne Nicole Denisse Gwen Joy Jeff | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:45-6:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 | Senior Fitness Pilates Y-Cycle BODYPUMP® BODYSTEP® Athletic BODYPUMP® Zumba® Yoga SSFP Yoga Zumba® BODYPUMP® Y-Cycle Advance Step Zumba® BODYFLOW® | Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 | Liza Mel Rotation Eva Jenny N Karen Marissa Sue E Carmen Tomia Rotation Jeff Lynda Gwen Lynda |
| 9:15-10:10 10:00-11:00 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:00 6:40-7:40 6:30-7:30 WEDNESD AM 5:30-6:30 6:00-7:00 | Xtricity StrYkeForce Yoga BODYCOMBAT® SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP® Step X-press Y-Cardio Funk Yoga Y-Kettlebell Interval Circuit BODYCOMBAT® Y-Cycle AY Cardio Fusion BODYPUMP® | Studio 7 SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7 Cycling Studio | Lonnie Tonieh Steve Karen Kim Kim Stacy Jeanne Nicole Denisse Gwen Joy Jeff Gwen Jen B | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:45-6:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 | Senior Fitness Pilates Y-Cycle BODYPUMP® BODYSTEP® Athletic BODYPUMP® Zumba® Yoga SSFP Yoga Zumba® BODYPUMP® Y-Cycle Advance Step Zumba® BODYFLOW® BODYPUMP® | Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 | Liza Mel Rotation Eva Jenny N Karen Marissa Sue E Carmen Tomia Rotation Jeff Lynda Gwen Lynda Rotation |
| 9:15-10:10 10:00-11:00 10:30-11:30 10:30-11:30 PM 12:00-12:45 1:00-1:45 4:15-5:15 5:25-6:10 5:30-6:30 6:30-7:00 6:40-7:40 6:30-7:30 WEDNESD AM 5:30-6:30 6:00-7:00 8:00-9:00 | Xtricity StrYkeForce Yoga BODYCOMBAT® SSFP Circuit Y-Cycle SSFP Yoga BODYPUMP® Step X-press Y-Cardio Funk Yoga Y-Kettlebell Interval Circuit BODYCOMBAT® Y-Cycle AY Cardio Fusion BODYPUMP® Senior Fitness | Studio 7 SG Studio Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7 Studio 6 Studio 6 Studio 7 Studio 2 Studio 6 Studio 7 Cycling Studio Studio 7 Cycling Studio | Lonnie Tonieh Steve Karen Kim Kim Stacy Jeanne Nicole Denisse Gwen Joy Jeff Gwen Jen B Kim | 8:00-9:00 8:15-9:15 9:00-10:00 9:15-10:15 10:30-11:30 10:30-11:20 11:30-12:30 PM 1:00-1:45 5:45-6:45 SATURDAY AM 7:00-8:00 7:45-8:45 8:05-9:05 9:00-10:00 9:15-10:15 10:30-11:30 | Senior Fitness Pilates Y-Cycle BODYPUMP® BODYSTEP® Athletic BODYPUMP® Zumba® Yoga SSFP Yoga Zumba® BODYPUMP® Y-Cycle Advance Step Zumba® BODYFLOW® BODYPUMP® BODYPUMP® BODYCOMBAT® | Studio 7 Studio 2 Cycling Studio Studio 6 Studio 7 Studio 6 Studio 7 | Liza Mel Rotation Eva Jenny N Karen Marissa Sue E Carmen Tomia Rotation Jeff Lynda Gwen Lynda Rotation Eva/Julie |
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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 \$40 2 days a week

\$25 1 day a week \$40 1 day a week \$60 2 days a week (All Fee Based programs runs monthly) Program Member

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 ad-

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 stating 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 bodyweight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all Levels, ages and abilities.