

# GROUP EXERCISE SCHEDULE

## RITE-HITE FAMILY YMCA

### WINTER 1

January 5 - February 28



MONDAY				WEDNESDAY CONTINUED			
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>				<b>PM</b>			
5:30-6:30	Cardio Fusion	Studio 7	Gwen	1:00-1:45	SSFP Classic	Studio 7	Kim
6:00-7:00	BODYPUMP®	Studio 6	Sarah	5:20-6:20	Zumba®	Studio 7	Alana
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 6	Laura M.
9:00-10:00	Y-Cycle	Cycling Studio	Laura C.	6:30-7:30	Advanced Step	Studio 7	Lynda
9:15-10:15	Yoga	Studio 2	Levy	<b>THURSDAY</b>			
9:15-10:15	BODYPUMP®	Studio 6	Allison	<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
9:15-10:15	BODYCOMBAT®	Studio 7	Erin	<b>AM</b>			
10:30-11:30	Yoga	Studio 2	Levy	<b>5:30-6:15</b>	<b>Y Functional Fit Camp</b>	<b>SG Studio</b>	<b>Manny</b>
10:30-11:30	BODYFLOW®	Studio 7	Eva	5:30-6:30	Y-Cycle	Cycling Studio	Laura M.
10:30-11:30	BODYPUMP®	Studio 6	Jim	8:00-9:00	Zumba Gold®	Studio 7	Carmen
<b>PM</b>				<b>8:30-9:15</b>	<b>Total Gym® Foundations</b>	<b>Studio 4</b>	<b>Shanda</b>
1:00-1:45	SSFP Classic	Studio 7	Kim	<b>9:20-10:05</b>	<b>Total Gym® Foundations</b>	<b>Studio 4</b>	<b>Shanda</b>
2:00-2:45	SSFP Classic	Studio 7	Kim	9:15-10:15	Y-Chisel	Studio 6	Karen
5:15-6:15	BODYPUMP®	Studio 6	Joe	9:15-10:15	BODYCOMBAT®	Studio 7	Steve
5:30-6:25	Zumba®	Studio 7	Gwen	<b>9:15-10:10</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Lonnie</b>
5:30-6:30	Y-Cycle	Cycling Studio	Timeka	10:30-11:30	Yoga	Studio 6	Levy
5:30-6:30	Pilates	Studio 2	Liza	10:30-11:30	SSFP Circuit	Studio 7	Dawn
6:30-7:30	BODYPUMP®	Studio 6	Jessica	<b>PM</b>			
6:35-7:30	Advanced Step	Studio 7	Lynda	12:00-12:45	Y-Cycle	Cycling Studio	Timeka
6:45-7:45	Restorative Yoga	Studio 2	Denisse	1:00-1:45	SSFP Classic	Studio 7	Dawn
<b>TUESDAY</b>				4:15-5:15	BODYPUMP®	Studio 6	Joe
<b>AM</b>				5:25-6:10	Step X-Press	Studio 6	Jeanne
<b>5:30-6:15</b>	<b>Y Functional Fit Camp</b>	<b>SG Studio</b>	<b>Shanda</b>	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
8:00-9:00	Senior Fitness	Studio 7	Kim	6:30-7:15	Y-Kettlebell Basic	Studio 6	Raven
<b>8:30-9:15</b>	<b>Total Gym® Foundations</b>	<b>Studio 4</b>	<b>Shanda</b>	6:40-7:40	BODYCOMBAT®	Studio 7	Marie
<b>9:20-10:05</b>	<b>Total Gym® Foundations</b>	<b>Studio 4</b>	<b>Shanda</b>	5:45-6:45	Y-Cycle	Cycling Studio	Jeff
8:15-9:15	Pilates	Studio 2	Gretchen	<b>FRIDAY</b>			
9:00-10:00	Y-Cycle	Cycling Studio	Jim	<b>AM</b>			
9:15-10:15	Y-Chisel	Studio 6	Karen	<b>5:30-6:15</b>	<b>Combat Camp</b>	<b>SG Studio</b>	<b>Shanda</b>
9:15-10:15	Zumba®	Studio 7	Esha	6:00-7:00	BODYPUMP®	Studio 6	Rotation
<b>9:15-10:10</b>	<b>Xtricity StrYkeForce</b>	<b>SG Studio</b>	<b>Lonnie</b>	8:00-9:00	Senior Fitness	Studio 7	Liza
10:00-11:00	Yoga	Studio 2	Tonieh	8:15-9:15	Pilates	Studio 2	Mel
10:30-11:30	BODYCOMBAT®	Studio 6	Steve	9:30 - 10:30	Yoga	Studio 2	Maral
10:30-11:30	SSFP Circuit	Studio 7	Karen	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
11:10-12:10	Yoga	Studio 2	Tonieh	9:15-10:15	BODYPUMP®	Studio 6	Eva
<b>PM</b>				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	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	<b>PM</b>			
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	<b>SATURDAY</b>			
6:40-7:40	BODYCOMBAT®	Studio 7	Julie	<b>AM</b>			
5:45-6:45	Y-Cycle	Cycling Studio	Jeff	7:00-8:00	BODYPUMP®	Studio 6	Rotation
<b>WEDNESDAY</b>				7:45-8:45	Y-Cycle	Cycling Studio	Jeff
<b>AM</b>				8:15 - 9:00	BODYCOMBAT®	Studio 6	Eva/Julie
5:30-6:30	Cardio Fusion	Studio 7	Gwen	9:00-10:00	Y-Cycle	Cycling Studio	Laura M.
6:00-7:00	BODYPUMP®	Studio 6	Jen B.	8:05-9:05	Advanced Step	Studio 7	Lynda
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	BODYPUMP®	Studio 6	Rotation
9:15-10:15	Y-Cycle	Cycling Studio	Liz B.	<b>SUNDAY</b>			
10:00-11:00	Tai Chi	Studio 2	Cathy	<b>AM</b>			
10:30-11:30	BODYFLOW®	Studio 7	Steve	9:00-10:00	BODYCOMBAT®	Studio 7	Marie
10:30-11:30	BODYPUMP®	Studio 6	Amanda	9:00 - 10:00	Cardio Line Dance	Studio 6	Regina
11:30-12:30	Yoga	Studio 2	Maral	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
				10:15-11:15	BODYPUMP®	Studio 6	Rotation
				11:30-12:30	Yoga	Studio 7	Sharon

Questions: Contact Andria Hall at [ahall@ymcamke.org](mailto:ahall@ymcamke.org)  
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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)

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.