

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

SEPTEMBER 8TH-OCTOBER 25TH



BOLDED CLASSES DENOTE AN EXTRA FEE

MONDAY				WEDNESDAY CONTINUED			
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
AM				AM			
5:30-6:30	Cardio Fusion	Gym	Marnie	9:00-9:45	Xtricity Parallels	PT Studio	Lonnie
6:00-7:00	BODYPUMP	Studio 6	Sara	9:15-10:15	Y-Cycle	Cycling Studio	Liz
8:00-9:00	Senior Fitness	Studio 7	Karen	9:15-10:15	BODYPUMP	Studio 6	Karen
8:30-9:00	Absolutely	Studio 6	Aet	9:15-10:15	BODYSTEP	Studio 7	Amada/Jen
9:00-9:45	Xtricity Parallels	PT Studio	Lonnie	9:15-10:15	Tai Chi	Studio 2	Tsuri
9:15-10:15	Y-Cycle	Cycling Studio	Liz	9:30-10:15	Total Gym Foundations	Studio 3	Aet/Lonnie
9:15-10:15	Yoga	Studio 2	Levy	10:30-11:30	BODYFLOW	Studio 7	Steve
9:15-10:15	BODYPUMP	Studio 6	Allison	10:30-11:30	BODYPUMP	Studio 6	Gretchen
9:15-10:15	BODYCOMBAT	Studio 7	Erin	11:10-11:50	Xtricity Circuit Breaker	PT Studio	Lonnie
9:30-10:15	Total Gym Foundations	Studio 3	Aet	11:30-12:30	Yoga	Studio 2	Claire
10:30-11:30	BODYFLOW	Studio 7	Eva	PM			
10:30-11:30	BODYPUMP	Studio 6	Jim	1:00-1:45	SSFP Classic	Studio 7	Carmen
11:10-11:50	Xtricity Circuit Breaker	PT Studio	Lonnie	5:20-6:20	Zumba	Studio 7	Alana
PM				5:45-6:05	TRX® Core Performance	PT Studio	Kou
1:00-1:45	SSFP Classic	Studio 7	Kim	6:15-6:45	TRX® Foundations	PT Studio	Kou
2:00-2:45	SSFP Classic	Studio 7	Kim	6:30-7:30	BODYFLOW	Studio 2	Denisse
5:25-6:25	BODYPUMP	Studio 6	Amanda	6:30-7:30	BODYPUMP	Studio 6	Laura
5:30-6:30	Zumba	Gym	Gwen	6:30-7:30	Advanced Step	Studio 7	Lynda
5:45-6:05	TRX® Core Performance	PT Studio	Laura	6:30-7:15	Total Gym	Studio 3	Aet
6:00-7:00	Power Yoga	Studio 2	Tina	7:40-8:40	Zumba	Studio 7	Randi
6:15-6:45	TRX® Foundations	PT Studio	Laura	THURSDAY			
6:30-7:30	BODYPUMP	Studio 6	Cori	AM			
6:30-7:30	Advanced Step	Studio 7	Lynda	5:30-6:30	Y-Cycle	Cycling Studio	Laura
6:30-7:15	Total Gym	Studio 3	Aet	8:00-9:00	Zumba Gold	Studio 7	Carmen
7:40-8:40	Zumba	Studio 7	Shelia	9:00-9:45	Total Gym Foundations	Studio 3	Aet
TUESDAY				9:00-10:00	Y-Cycle	Cycling Studio	Liz
AM				9:15-10:15	Y-Chisel	Studio 6	Karen
5:30-6:30	Y-Cycle	Cycling Studio	Sarah	9:15-10:15	BODYCOMBAT	Studio 7	Steve
8:00-9:00	Senior Fitness	Studio 7	Kim	9:15-10:10	Xtricity strYkeForce	PT Studio	Lonnie
8:15-9:15	Pilates	Studio 2	Rotation	10:25-10:55	TRX® Foundations	PT Studio	Lonnie
9:00-9:45	Total Gym Foundations	Studio 3	Aet	10:30-11:30	Yoga	Studio 2	Kristin
9:00-10:00	Y-Cycle	Cycling Studio	Jim	10:30-11:30	SSFP Circuit	Studio 7	Dawn
9:15-10:15	Y-Chisel	Studio 6	Karen	PM			
9:15-10:15	Zumba	Studio 7	Gwen	12:00-12:45	Y-Cycle	Cycling Studio	Dick
9:15-10:10	Xtricity strYkeForce	PT Studio	Lonnie	1:00-1:45	SSFP Classic	Studio 7	Dawn
10:25-10:55	TRX® Foundations	PT Studio	Lonnie	4:15-5:15	BODYPUMP	Studio 6	Rotation
10:30-11:30	Yoga	Studio 2	Danielle	5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
10:30-11:30	BODYCOMBAT	Studio 6	Steve	5:30-6:15	Total Gym Foundations	Studio 3	Lonnie
10:30-11:30	SSFP Circuit	Studio 7	Karen	5:30-6:30	Yoga	Studio 2	Lynda
PM				5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
12:00-12:45	Y-Cycle	Cycling Studio	Dick	6:30-7:30	BODYCOMBAT	Studio 7	Lynn
1:00-1:45	SSFP Yoga	Studio 7	Carmen	6:30-7:20	Xtricity strYkeForce	PT Studio	Lonnie
4:15-5:15	BODYPUMP	Studio 6	Stacy	6:35-7:20	Y-KettleBell Foundations	Studio 3	Iris
5:25-6:10	Step X-press	Studio 6	Jeanne	FRIDAY			
5:30-6:15	Total Gym Foundations	Studio 3	Lonnie	AM			
5:30-6:30	Y-Cardio Funk	Studio 7	Ebony/Ashely	5:30-6:30	BODYPUMP	Studio 6	Rotation
5:30-6:30	Yoga	Studio 2	Denisse	8:00-9:00	Senior Fitness	Studio 7	Liza
6:30-7:30	BODYCOMBAT	Studio 7	Aaron	8:15-9:15	Pilates	Studio 2	Rotation
6:30-7:30	Y-Cycle	Cycling Studio	Jeff	9:00-10:00	Y-Cycling	Cycling Studio	Rotation
6:30-7:20	Xtricity strYkeForce	PT Studio	Lonnie	9:15-10:15	BODYSTEP Athletic	Studio 7	Jenny N
6:35-7:20	Y-Kettle Bell Foundations	Studio 3	Gwen	9:30-10:15	Total Gym Foundations	Studio 3	Lonnie/Aet
WEDNESDAY				10:30-11:30	BODYPUMP	Studio 6	Karen
AM				10:30-11:20	Zumba	Studio 7	Danielle
5:30-6:30	Cardio Fusion	Gym	Marnie	11:30-12:30	Yoga	Studio 7	Sue E
6:00-7:00	BODYPUMP	Studio 6	Jen B	PM			
8:00-9:00	Senior Fitness	Studio 7	Kim	1:00-1:45	SSFP Yoga	Studio 7	Kim
8:30-9:00	Absolutely	Studio 6	Karen	6:00-7:00	Zumba	Studio 7	Blanche
8:30-9:15	Total Gym Foundations	Studio 3	Aet				

QUESTIONS? Contact Aet Dudley, Group Exercise Manager, at 414-357-2851 or adudley@ymcamke.org

SATURDAY**AM**

7:00-8:00	Y-Chisel/BODYPUMP	Studio 6	Rotation
8:05-9:05	Step/BODYSTEP	Studio 7	Rotation
8:15-9:00	Total Gym Foundations	Studio 3	Karen
9:00-10:00	Y-Cycle	Cycling Studio	Laura
9:00-10:00	Zumba	Gym	
9:15-10:15	BODYFLOW	Studio 7	Lynda
9:15-10:15	BODYPUMP	Studio 6	Rotation
9:15-10:00	Total Gym Foundations	Studio 3	TBA
9:15-9:45	TRX® Core	PT Studio	Kou/Laura
10:00-10:40	Xtricity Parallels	PT Studio	TBD
10:00-10:45	Total Gym Foundations	Studio 3	Karen
10:30-11:30	BODYPUMP	Studio 6	Rotation

SUNDAY**AM**

9:00-10:00	Y-Cycle	Cycling Studio	Sarah/Jim
10:15-11:15	BODYPUMP	Studio 6	Rotation
11:20-12:20	BODYCOMBAT	Studio 7	Rotation
PM			
12:30-1:30	BODYFLOW	Studio 7	Rotation

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)

Member \$25 1 day a week \$40 2 days a week
Community \$40 1 day a week \$60 2 days a week

X-Circuit Training (Cross Circuiting Training):

Parallels- Traditional Interval Circuit training for results based fitness. Our trained and certified instructors will guide participants through stacked layers of progressive training dynamics. Each class will have specific outcome levers to maximize performance during individual work phases. Clear and focused coaching will guide participants as they toggle their training between timed and quantified circuit rounds. This module is perfect for those individuals who are interested in ramping up their work out through high and variable intensity training.

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.

Boxing Specific (Fitness Boxing)

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.

Total Gym Foundations (Level 1 and 2) 35-45 minutes– 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® Foundations month long session that costs \$25. This 30 minute class will be a beginner pace that will focus on really learning the straps and understanding how your body works with the suspension trainer. Take the extra time to set up each move individually and focus less on the cardio aspect. Class is offered twice a week for the month long session that costs \$25 or Saturdays for once a week for \$15

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. This module will help participants prepare for TRX® Cardio Circuit and TRX® Fusion. Four week session for \$25

TRX® Core Performance This 20 minute class will up the intensity a bit from basics but is still a beginner class. The cardio pace is picked up in this class while the core is the main focus the entire time. A twice a week class for the month long session that costs \$25.

Y-Blitz An all out fitness war in only 35 minutes. Blitz will provide the CrossFit style workouts that you are looking for. Using everything from weights to tires it will elevate your overall fitness and be a plateau buster. Unlimited Y-Blitz at \$25 per Session.

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.