

# GROUP EXERCISE SCHEDULE

## RITE-HITE FAMILY YMCA

September 6th— October 30th **UPDATED**

**BOLDDED CLASSES DENOTE AN EXTRA FEE**



MONDAY				WEDNESDAY CONTINUED			
TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>				<b>PM</b>			
5:30-6:15	Cardio Fusion	Gym	Abduai	1:00-1:45	SSFP Classic	Studio 7	Carmen
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	<b>5:45-6:30</b>	<b>Xtricity Circuit Training</b>	<b>SG Studio</b>	<b>Kou</b>
8:30-8:50	Absolutely	Studio 6	Gwen	6:30-7:30	BODYFLOW	Studio 2	Denisse
9:00-10:00	Y-Cycle	Cycling Studio	Lonnie	6:30-7:30	BODYPUMP	Studio 6	Laura
9:15-10:15	Yoga	Studio 2	Levy	6:30-7:30	Advanced Step	Studio 7	Lynda
9:15-10:15	BODYPUMP	Studio 6	Allison	7:40-8:40	Zumba	Studio 7	Randi
9:15-10:15	BODYCOMBAT	Studio 7	Erin	<b>THURSDAY</b>			
<b>10:15-11:00</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Rob</b>	<b>AM</b>			
10:30-11:30	BODYFLOW	Studio 7	Eva	5:30-6:30	Y-Cycle	Cycling Studio	Laura
10:30-11:30	BODYPUMP	Studio 6	Jim	8:00-9:00	Zumba Gold	Studio 7	Carmen
<b>PM</b>				<b>9:00-9:45</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Shanda</b>
1:00-1:45	SSFP Classic	Studio 7	Kim	9:00-10:00	Y-Cycle	Cycling Studio	Liz
2:00-2:45	SSFP Classic	Studio 7	Kim	9:15-10:15	Y-Chisel	Studio 6	Karen
5:25-6:25	BODYPUMP	Studio 6	Amanda	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>
6:00-7:00	Pilates	Studio 2	Mel	<b>10:25-10:55</b>	<b>TRX® Interval Circuit</b>	<b>SG Studio</b>	<b>Lonnie</b>
6:30-7:30	BODYPUMP	Studio 6	Cori	10:30-11:30	Yoga	Studio 6	Kristin
6:30-7:30	Advanced Step	Studio 7	Lynda	10:30-11:30	SSFP Circuit	Studio 7	Dawn
7:40-8:40	Zumba	Studio 7	Randi	<b>PM</b>			
<b>TUESDAY</b>				12:00-12:45	Y-Cycle	Cycling Studio	Rob
<b>AM</b>				1:00-1:45	SSFP Classic	Studio 7	Dawn
5:30-6:30	Y-Cycle	Cycling Studio	Sarah	4:15-5:15	BODYPUMP	Studio 6	Joe
8:00-9:00	Senior Fitness	Studio 7	Kim	5:25-6:10	Step X-Press/Abs	Studio 6	Jeanne
8:15-9:15	Pilates	Studio 2	Rotation	<b>5:30-6:15</b>	<b>Total Gym Advanced</b>	<b>Studio 3</b>	<b>Lonnie</b>
9:00-10:00	Y-Cycle	Cycling Studio	Jim	5:30-6:30	Yoga	Studio 2	Lynda
<b>9:00-9:45</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Shanda</b>	5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
9:15-10:15	Y-Chisel	Studio 6	Karen	6:30-7:30	Y-Cycle	Cycling Studio	Jim
9:15-10:15	Zumba	Studio 7	Gwen	6:30-7:00	Y Kettlebell Interval Circuit	Studio 6	Iris
<b>9:15-10:10</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Lonnie</b>	6:30-7:30	BODYCOMBAT	Studio 7	Marie
<b>10:25-10:55</b>	<b>TRX® Interval Circuit</b>	<b>SG Studio</b>	<b>Lonnie</b>	<b>6:30-7:25</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Lonnie/Ricardo</b>
10:30-11:30	Yoga	Studio 2	Danielle	<b>FRIDAY</b>			
10:30-11:30	BODYCOMBAT	Studio 6	Steve	<b>AM</b>			
10:30-11:30	SSFP Circuit	Studio 7	Karen	5:30-6:30	BODYPUMP	Studio 6	Rotation
<b>PM</b>				8:00-9:00	Senior Fitness	Studio 7	Liza
12:00-12:45	Y-Cycle	Cycling Studio	Rob	8:15-9:15	Pilates	Studio 2	Rotation
1:00-1:45	SSFP Yoga	Studio 7	Carmen	<b>9:00-9:45</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Rob</b>
4:15-5:15	BODYPUMP	Studio 6	Stacy	9:15-10:15	BODYPUMP	Studio 6	Eva
5:25-6:10	Step X-press	Studio 6	Jeanne	9:15-10:15	BODYSTEP Athletic	Studio 7	Jenny N
<b>5:30-6:15</b>	<b>Total Gym Advanced</b>	<b>Studio 3</b>	<b>Lonnie</b>	10:30-11:30	BODYPUMP	Studio 6	Karen
5:30-6:30	Y-Cardio Funk	Studio 7	Ebony/Ashely	10:30-11:20	Zumba	Studio 7	Danielle
5:30-6:30	Yoga	Studio 2	Denisse	11:30-12:30	Yoga	Studio 7	Sue E
6:30-7:00	YKettlebell Interval Circuit	Studio 6	Gwen	<b>PM</b>			
6:30-7:30	BODYCOMBAT	Studio 7	Aaron	1:00-1:45	SSFP Yoga	Studio 7	Kim
6:30-7:30	Y-Cycle	Cycling Studio	Jeff	5:30-6:30	Y Cardio Funk	Studio 7	Ashley
<b>6:30-7:25</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Lonnie/Ricardo</b>	<b>SATURDAY</b>			
<b>WEDNESDAY</b>				<b>AM</b>			
<b>AM</b>				7:00-8:00	Y-Chisel/BODYPUMP	Studio 6	Rotation
5:30-6:15	Cardio Fusion	Gym	Abduai	7:45-8:45	Y-Cycle	Cycling Studio	Jim
6:00-7:00	BODYPUMP	Studio 6	Jen B	8:05-9:05	Step/BODYSTEP	Studio 7	Rotation
8:00-9:00	Senior Fitness	Studio 7	Kim	9:00-10:00	Zumba	Gym	Gwen
<b>8:30-9:15</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Rob</b>	9:15-10:15	BODYFLOW	Studio 7	Lynda
8:30-8:50	Absolutely	Studio 6	Gwen	9:15-10:15	BODYPUMP	Studio 6	Allison
<b>9:00-9:55</b>	<b>Xtricity strYkeForce</b>	<b>SG Studio</b>	<b>Shanda</b>	<b>9:15-9:45</b>	<b>TRX® Interval Circuit</b>	<b>SG Studio</b>	<b>Kou</b>
9:15-10:15	Y-Cycle	Cycling Studio	Liz	10:30-11:30	BODYPUMP	Studio 6	Rotation
9:15-10:15	BODYPUMP	Studio 6	Karen	<b>SUNDAY</b>			
9:15-10:15	BODYSTEP	Studio 7	Amanda/Jen	<b>AM</b>			
<b>9:30-10:15</b>	<b>Total Gym Foundations</b>	<b>Studio 3</b>	<b>Rob</b>	9:00-10:00	Y-Cycle	Cycling Studio	Rotation
<b>10:10-10:40</b>	<b>Xtricity Circuit Training</b>	<b>SG Studio</b>	<b>Shanda</b>	10:15-11:15	BODYPUMP	Studio 6	Rotation
10:00-11:00	Tai Chi	Studio 2	Tsuri	11:20-12:20	BODYCOMBAT	Studio 7	Rotation
10:30-11:30	BODYFLOW	Studio 7	Steve	<b>PM</b>			
10:30-11:30	BODYPUMP	Studio 6	Gretchen	12:30-1:30	BODYFLOW	Studio 7	Rotation
11:30-12:30	Yoga	Studio 2	Amy				

**QUESTIONS?** Contact Robert Venzant, Group Exercise Coordinator, at [rvenzant@ymcamke.org](mailto:rvenzant@ymcamke.org) or 414.357.2851

# 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 (All Fee Based programs runs monthly)

### 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 bodyweight. 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 \$15

**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.

**Y-Kettlebell Foundations** Master kettle bell technique and form in this 30 minute class that focuses on setting up the basic moves of kettle bell momentum training. A low-impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout.

**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.