

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

WINTER 1

March 4 - April 28 (updated 3-4-19)



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:00	*Y-Cycle Boot Camp	Cycle Studio	Shanda
5:30-6:30	Cardio Fusion	Studio 7	Gwen
6:00-7:00	BODYPUMP@	Studio 6	Sarah
6:05-6:50	*Y-Basic Training	Sm Group Training Rm	Jamel
8:00-9:00	Senior Fitness	Studio 7	Karen
8:30-8:50	Y-Core	Studio 6	Daniel
9:00-10:00	Y-Cycle	Cycling Studio	Laura C.
9:15-10:15	Yoga	Studio 2	Levy
9:15-10:15	BODYPUMP@	Studio 6	Allison
9:15-10:15	BODYCOMBAT@	Studio 7	Erin
10:30-11:30	Yoga	Studio 2	Levy
10:30-11:30	BODYFLOW@	Studio 7	Eva
10:30-11:30	BODYPUMP@	Studio 6	Jim
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
2:00-2:45	SSFP Classic	Studio 7	Kim
3:30-4:15	*Y-Basic Training	Studio 7	Gwen
4:30-5:15	*Y-Functional Fit Camp	Studio 7	Gwen
5:15-6:15	BODYPUMP@	Studio 6	Joe
5:30-6:25	Zumba@	Studio 7	Gwen
5:30-6:30	Y-Cycle	Cycling Studio	Timeka
5:30-6:30	Pilates	Studio 2	Liza
6:30-7:30	BODYPUMP@	Studio 6	Jessica
6:35-7:30	Advanced Step	Studio 7	Lynda
6:45-7:45	Restorative Yoga	Studio 2	Denisse

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	*Y Functional Fit Camp	SG Studio	Shanda
5:30-6:30	Y-Cycle	Cycling Studio	Sarah
8:00-9:00	Senior Fitness	Studio 7	Kim
8:15-9:15	Pilates	Studio 2	Gretchen
8:30-9:15	*Total Gym@ Foundations	Studio 4	Shanda
9:00-10:00	Y-Cycle	Cycling Studio	Jim
9:15-10:15	Y-Chisel	Studio 6	Karen
9:15-10:15	Zumba@	Studio 7	Esha
9:15-10:10	*Xtricity StrYkeForce	SG Studio	Lonnie
9:20-10:05	*Total Gym@ Foundations	Studio 4	Shanda
9:30-10:30	Yoga	Studio 2	Tonieh
10:30-11:30	BODYCOMBAT@	Studio 6	Steve
10:30-11:30	SSFP Circuit	Studio 7	Karen
PM			
12:00-12:45	Y-Cycle	Cycling Studio	Kim
1:00-1:45	SSFP Yoga	Studio 7	Kim
3:30-4:15	*Y-Basic Training	Studio 7	Gwen
4:15-5:15	BODYPUMP@	Studio 6	Stacy
5:25-6:20	Step X-press	Studio 6	Jeanne
5:30-6:30	Y-Cardio Funk	Studio 7	Nicole
5:30-6:30	Yoga	Studio 2	Denisse
5:45-6:45	Y-Cycle	Cycling Studio	Jeff
6:40-7:40	BODYCOMBAT@	Studio 7	Julie

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:00	*Y-Cycle Boot Camp	Cycling Studio	Shanda/Andria
5:30-6:30	Cardio Fusion	Studio 7	Gwen
6:00-7:00	BODYPUMP@	Studio 6	Laura M.
6:05-6:50	*Y-Basic Training	Sm Group Training Rm	Jamel
8:00-9:00	Senior Fitness	Studio 7	Kim
8:30-8:50	Absolutely	Studio 6	Karen
9:15-10:15	BODYPUMP@	Studio 6	Karen
9:15-10:15	BODYSTEP@	Studio 7	Jen
9:15-10:15	Y-Cycle	Cycling Studio	Liz B.
10:00-11:00	Tai Chi	Studio 2	Cathy
10:30-11:30	BODYFLOW@	Studio 7	Steve
10:30-11:30	BODYPUMP@	Studio 6	Amanda
11:30-12:30	Yoga	Studio 2	Maral

WEDNESDAY CONTINUED

TIME	CLASS	LOCATION	INSTRUCTOR
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
3:30-4:15	*Y-Basic Training	Studio 7	Gwen
4:30-5:15	*Y-Functional Fit Camp	Studio 7	Gwen
5:20-6:20	Zumba @	Studio 7	Alana
6:30-7:30	BODYFLOW@	Studio 2	Denisse
6:30-7:30	BODYPUMP@	Studio 6	Laura M.
6:30-7:30	Advanced Step	Studio 7	Lynda

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	*Y Functional Fit Camp	SG Studio	Jamel
5:30-6:30	Y-Cycle	Cycling Studio	Laura M.
8:00-9:00	Zumba Gold@	Studio 7	Neila
8:30-9:15	*Total Gym@ Foundations	Studio 4	Shanda
9:15-10:15	Y-Chisel	Studio 6	Karen
9:15-10:15	BODYCOMBAT@	Studio 7	Steve
9:15-10:10	*Xtricity strYkeForce	SG Studio	Lonnie
9:20-10:05	*Total Gym@ Foundations	Studio 4	Shanda
10:30-11:30	Yoga	Studio 6	Levy
10:30-11:30	SSFP Circuit	Studio 7	Dawn
PM			
12:00-12:45	Y-Cycle	Cycling Studio	Timeka
1:00-1:45	SSFP Classic	Studio 7	Dawn
3:30-4:15	*Y-Basic Training	Studio 7	Gwen
4:15-5:15	BODYPUMP@	Studio 6	Joe
5:25-6:20	Step X-Press	Studio 6	Jeanne
5:30-6:30	Yoga	Studio 2	Lynda
5:30-6:25	Y-Cardio Funk	Studio 7	Tasha
6:40-7:40	BODYCOMBAT@	Studio 7	Marie
5:45-6:45	Y-Cycle	Cycling Studio	Jeff

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	*Combat Camp	SG Studio	Shanda
6:00-7:00	BODYPUMP@	Studio 6	Rotation
8:00-9:00	Senior Fitness	Studio 7	Liza
8:15-9:15	Pilates	Studio 2	Mel
9:30 - 10:30	Yoga	Studio 2	Maral
9:00-10:00	Y-Cycle	Cycling Studio	Rotation
9:15-10:15	BODYPUMP@	Studio 6	Eva
9:15-10:15	BODYSTEP@ Athletic	Studio 7	Jenny N.
9:30-10:30	Yoga	Studio 2	Maral
10:30-11:30	BODYPUMP@	Studio 6	Karen
10:30-11:20	Zumba@	Studio 7	Chariesse
11:30-12:30	Yoga	Studio 7	Sue E.
PM			
1:00-1:45	SSFP Yoga	Studio 7	Carmen
5:45-6:45	Zumba@	Studio 7	Tomia

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
7:00-7:45	*Y-Cycle Boot Camp	Cycle Studio	Shanda/Andria
7:00-8:00	BODYPUMP@	Studio 6	Rotation
7:45-8:45	Y-Cycle	Cycling Studio	Jeff
8:00-8:45	*Y-Functional Fit Camp	Sm Group Training Rm	Kou
8:15 - 9:00	BODYCOMBAT@	Studio 6	Eva/Julie
9:00-9:45	*Y-Basic Training	Sm Group Training Rm	Kou
9:00-10:00	Y-Cycle	Cycling Studio	Laura M.
8:05-9:05	Advanced Step	Studio 7	Lynda
9:00-10:00	Zumba@	Gym	Gwen
9:15-10:15	BODYFLOW@	Studio 7	Lynda
9:15-10:15	BODYPUMP@	Studio 6	Rotation
10:30-11:30	BODYPUMP@	Studio 6	Rotation

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
9:00-10:00	BODYCOMBAT@	Studio 7	Marie
9:00 - 10:00	Cardio Line Dance	Studio 6	Regina
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

For questions please contact Andria Hall at
ahall@ymcamke.org or 414.374.9405

*BOLD ASTERISK INDICATES AN ADDITIONAL FEE

CLASS DESCRIPTIONS

BODYSTEP® - This is a cardiovascular program that uses an adjustable height step and features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body.

SilverSneakers® - Classic 60 minute class that will increase muscular strength, range of movement, and activity for daily living skills. Handheld weight, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

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-Cardio Funk - A combination of high and low impact aerobics performed in a "funky dance" style.

Y-Cycle - The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. Great for all levels of fitness and intensity is controlled individually at each bike.

Zumba® - A fun and effective workout system that combines a tough workout with a party like atmosphere. This Latin dance inspired class is an easy to follow calorie burning fitness party.

FEE-BASED CLASSES

***Xtricity 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** - 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.

***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.

***Y-Basic Training** - The perfect starting point for people interested in improving their fitness and reaching certain goals. This class is a great start for people that are new or returning to a structured workout program. Also a great option for people interested in weight loss and improving their overall health.

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 run monthly)

FEE-BASED CLASSES

***Y-Cycle Boot Camp** - This boot camp is for all fitness levels and is great for people looking for a variety in their workout. Each class and instructor are different and base class around the bike to improve all aspects of fitness. You will use the bike and any combination of TRX®, Total Gym®, Kettle Bells, and various other equipment for a full body workout.

Fee	Participant	Class Length
\$45	Open to Y-Members and Non-Members	6 week session

(Includes all three classes a week)