

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

FALL 1

August 27 - October 27



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	Abdul
9:00-10:00	Y-Cycle	Cycling Studio	Laura C.
9:15-10:15	Yoga	Studio 2	Maral
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
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	Sm Group Training Rm	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	Gina
9:15-10:10	*Xtricity StrYkeForce	Sm Group Training Rm	Ricardo
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			
1:00-1:45	SSFP Yoga	Studio 7	Kim
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
6:30-7:15	Strong by Zumba®	Studio 6	Iris
6:40-7:40	BODYCOMBAT®	Studio 7	Julie

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:00	*Y Cycle Boot Camp	Cycle Studio	Antonio
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	Intermediate Tai Chi	Studio 2	Tsuri
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
4:30-5:15	*Y Functional Fit Camp	Studio 7	Gwen
5:20-6:20	Zumba®	Studio 7	Alana
6:30-7:30	BODYFLOW® / Y-Stretch Flow	Studio 2	Denisse
6:30-7:30	BODYPUMP®	Studio 6	Laura M.
6:30-7:30	Advanced Step	Studio 7	Lynda
THURSDAY			
AM			
5:30-6:15	*Y Functional Fit Camp	Sm Group Training Rm	Shanda
5:30-6:30	Y-Cycle	Cycling Studio	Laura M.
8:00-8:45	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	Sm Group Training Rm	Ricardo
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
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	Julie

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:15	*Combat Camp	Sm Group Training Rm	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
9:00-10:00	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	Rotation
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			
7:00-8:00	BODYPUMP®	Studio 6	Rotation
7:30-8:15	Functional Fit Camp	Sm Group Training Rm	Kou
8:05-9:05	Advanced Step	Studio 7	Lynda
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.
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
10:30-11:30	Beginner Tai Chi	Studio 7	Tsuri

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

***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 minutes. This class will increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance; a chair is used for seated and/or standing support.

Y-Chisel - 30 minutes. This full-body conditioning class is designed to strengthen various muscle groups using resistance bands and body weight.

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.

Strong by Zumba® - If you love high-intensity interval (HIIT) training, martial arts and beat-driven music, this is the workout for you. This is not a dance based class. In this class you, you will use your own bodyweight to push yourself through a HIIT-like workout. Your instructor will increase the intensity with moves that will include punching, squats, strengthening your abdominals, all while challenging your stabilization and core.

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
Non-Members	\$40 - 1 day a week	\$60 - 2 days a week

(All Fee Based programs runs monthly)

Fall Boot Camp Special: Sign-up and pay for the 3 months Unlimited Boot Camp package by September 15th and get one month FREE!! You can attend any boot camp and Xtricity StrYkeForce class, any day, any time.

Y - Members: \$150

Non-Members: \$150

September - November (Get December Free!)

Special Boot Camp

***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 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 two classes a week)

Questions:
Contact Andria Hall at ahall@ymcamke.org
414.374.9405