

# GROUP EXERCISE SCHEDULE

## RITE-HITE FAMILY YMCA

### Phase 2 (September-October)



#### MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
5:30-6:30	YFunctional Fit Camp	Gym	Angela
8:00-9:00	YCycle	Gym	TBA
8:00-8:45	Senior Fitness	Studio 7	TBA
9:00-9:45	Senior Fitness	Studio 7	TBA
9:15-10:15	BODYPUMP®	Gym	TBA
9:15-10:15	Yoga	Studio 6	TBA
10:00-11:00	Tai Chi	Studio 7	TBA
10:30-11:30	BODYFLOW®	Gym	TBA
<b>PM</b>			
1:00-1:45	SILVER SNEAKER'S Classic	Studio 7	Kim
2:00-2:45	SILVER SNEAKER'S Classic	Studio 7	Kim
4:30-5:30	BODYPUMP	Studio 6	TBA
5:30-6:30	Restorative Yoga	Studio 7	Denise
5:30-6:30	Zumba	Gym	TBA
6:45-7:45	BODYPUMP	Studio 6	Jessica

#### TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	Senior Fitness	Studio 7	TBA
9:00-10:00	YCycle	Gym	Jim
9:00-10:00	YChisel	Studio 6	Karen
9:00-10:00	Zumba	Studio 7	TBA
10:15-11:15	YChisel	SG Studio	Angela/Lonnie
10:15-11:15	Yoga	Studio 7	TBA
10:15-11:15	BODYCOMBAT	Gym	Steve
11:30-12:30	Yoga	Gym	TBA
<b>PM</b>			
1:00-1:45	AOA Circuit	Gym	Kim
2:00-2:45	SILVER SNEAKER'S Yoga	Gym	Kim
4:15-5:15	BODYPUMP	Gym	Stacy
5:30-6:30	hYped	Gym	Tasha/Nicole
6:40-7:40	YStretch Flow	Gym	Denisse
6:30-7:30	Y-Cycle	Studio 7	Jeff

#### WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
5:30-6:30	YFunctional Fit Camp	Gym	Angela
8:00-9:00	YCycle	Gym	TBA
8:00-8:45	Senior Fitness	Studio 7	TBA
9:00-9:45	Senior Fitness	Studio 7	TBA
9:15-10:15	BODYPUMP®	Gym	TBA
9:15-10:15	Yoga	Studio 6	TBA
10:00-11:00	Tai Chi	Studio 7	TBA
10:30-11:30	BODYFLOW®	Gym	TBA
<b>PM</b>			
1:00-1:45	SILVER SNEAKER'S Classic	Studio 7	Kim
2:00-2:45	SILVER SNEAKER'S Classic	Studio 7	Kim
4:30-5:30	BODYPUMP®	Studio 6	TBA
5:30-6:30	Restorative Yoga	Studio 7	Denise
5:30-6:30	Zumba®	Gym	TBA
6:45-7:45	BODYPUMP®	Studio 6	Jessica

#### THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	Senior Fitness	Studio 7	TBA
9:00-10:00	YCycle	Gym	Jim
9:00-10:00	YChisel	Studio 6	Karen
9:00-10:00	Zumba	Studio 7	Brittany/Gina
10:15-11:15	YChisel	SG Studio	Angela/Lonnie
10:15-11:15	Yoga	Studio 7	TBA
10:15-11:15	BODYCOMBAT®	Gym	TBA
11:30-12:30	Yoga	Gym	TBA
<b>PM</b>			
1:00-1:45	AOA Circuit	Gym	Kim
2:00-2:45	SILVER SNEAKER'S Yoga	Gym	Kim
4:15-5:15	BODYPUMP®	Gym	Stacy
5:30-6:30	hYped	Gym	Tasha/Nicole
6:40-7:40	YStretch Flow	Gym	Denisse
6:30-7:30	Y-Cycle	Studio 7	Jeff

#### FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	YCycle	Gym	TBA
8:00-8:45	Senior Fitness	Studio 7	TBA
9:00-9:45	Senior Fitness	Studio 7	TBA
9:15-10:15	BODYPUMP®	Gym	TBA
9:15-10:15	Yoga	Studio 6	TBA
10:30-11:30	BODYFLOW®	Gym	TBA
<b>PM</b>			
1:00-1:45	AOA Circuit	Studio 7	Kim
2:00-2:45	SILVER SNEAKER'S Classic	Studio 7	Kim

#### SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
<b>AM</b>			
8:00-9:00	BODYSTEP®	Studio 6	Diane
8:15-9:00	YCycle	Studio 7	Rotation
9:15-10:00	Y-Cycle	Studio 7	Laura
8:00-9:00	BODYCOMBAT®	Gym	TBA
9:15-10:15	BODYPUMP®	Gym	Allison
10:30-11:30	BODYFLOW®	Studio 7	TBA

Please note that this schedule may be subject to change. Reservations are required for each class. Please visit: [www.ymcamke.org/schedules](http://www.ymcamke.org/schedules) for more information or to download our reservation app.

Thank you for continuing to support our programs. We will update this schedule as additional classes and programs become available.

**QUESTIONS? Contact Angela Lindemann**  
Group Exercise Coordinator at [alindemann@ymcamke.org](mailto:alindemann@ymcamke.org) or  
414.374.9405

# 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)

**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.

**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.