



IRONWORKS BRANCH

Group Exercise Schedule

Monday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	BodyPump	KF MP	Sarah
6:05-6:50	LIIT	KF MP	Jean
8:00-9:00	Vinyasa	SMB	Liliana
8:30-9:15	Strength & Cardio Fusion	KF MP	Jill
8:45-9:30	Y's Way	Gym	Juanita
9:30-10:30	BodyPump	KF MP	Laurel
P.M. Classes			
4:15-5:00	Exprs Combat	KF MP	Toya
5:15-6:15	BodyPump	KF MP	Heather
5:30-6:15	RPM	Cycling Studio	Lisa
6:30-7:15	Zumba	KF MP	Katy

Tuesday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee M.
9:00-9:30	GRIT	KF MP	Sarah
9:35-10:05	Core & More	KF MP	Sarah
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Michelle
P.M. Classes			
12:00-12:45	SoulBody Barre	KF MP	Erin
4:15-5:15	BodyPump	KF MP	Dawn
5:30-6:30	BodyCombat	KF MP	Polly
6:00-6:30	Core Foundations	SMB	Alice

Wednesday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	BodyPump	KF MP	Sarah
6:05-6:50	LIIT	KF MP	Jean
8:00-9:00	Vinyasa	SMB	Liliana
8:15-9:00	RPM	Cycling Studio	Stacy
8:45-9:30	Y's Way	Gym	Juanita
9:05-9:35	LesMills Core	KF MP	Jill
P.M. Classes			
12:00-1:00	Vinyasa	SMB	Liliana
5:00-5:45	BodyPump	KF MP	Dawn
5:55-6:25	LesMills Core	KF MP	Heather
6:00-7:00	Hatha Yoga	SMB	Brenda
6:35-7:20	Zumba	KF MP	Katy

Thursday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee M.
9:30-10:30	BodyPump	KF MP	Laurel
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Rotation
P.M. Classes			
12:00-12:45	HIIT Hustle	KF MP	Cortnee
4:30-5:15	RPM	Cycling Studio	Renee F.
5:30-6:00	LesMills Core	MP Room	Polly
6:15-7:15	BodyCombat	KF MP	Polly

Friday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	BodyBalance	SMB	Jess
5:00-5:45	RPM	Cycling Studio	Stacy
8:30-9:00	LesMills Core	KF MP	Jill
8:45-9:30	Y's Way	Gym	Juanita
9:05-10:00	BodyCombat	KF MP	Sarah
P.M. Classes			
12:00-1:00	BodyPump	KF MP	Traci
4:30-5:30	BodyPump	KF MP	Dawn

Saturday

Time	Class	Location	Instructor
A.M. Classes			
7:15-8:15	BodyPump	KF MP	Heather
8:00-9:15	Interactive Cycle	Cycling Studio	Lisa**
8:25-8:55	LesMills Core	KF MP	Heather
9:00-9:45	Vinyasa Yoga	SMB	Liliana

Sunday

Time	Class	Location	Instructor
A.M. Classes			
8:15-8:45	GRIT	KF MP	Sarah
8:15-9:00	RPM	Cycling Studio	Renee F./Lisa**
8:50-9:35	Exprs Combat	KF MP	Sarah
9:45-10:30	Zumba	KF MP	Katy
10:00-11:00	Yin Yoga	SMB	Aaron

****Registration required**

+Download the YMCA360 app at www.statelineymca.org/connect.