



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 |
| 8:00-8:45 | RPM | Cycling Studio | Lisa |
| 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 | Jenn |
| 9:30-10:30 | BodyPump | KF MP | Laurel |
| P.M. Classes | | | |
| 5:15-6:15 | BodyPump | KF MP | Heather |
| 6:00-6:30 | Core Foundations | SMB | Alice |
| 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 | Rotation |
| 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 |
| 5:45-6:30 | S'wet | Lap Pool | Brenda |
| 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 | Jenn |
| 9:05-9:35 | LesMills Core | KF MP | Jill |
| P.M. Classes | | | |
| 12:00-1:00 | Vinyasa | SMB | Liliana |
| 5:30-6:00 | LesMills Core | MP Room | Heather |
| 5:30-6:15 | BodyPump | KF MP | Dawn |
| 6:30-7:15 | 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 | Jenn |
| P.M. Classes | | | |
| 12:00-1:00 | HIIT Hustle | KF MP | Cortnee |
| 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 | Jenn |
| 9:05-10:00 | BodyCombat | KF MP | Sarah |
| P.M. Classes | | | |
| 12:00-1:00 | BodyPump | KF MP | Traci |

Saturday

| Time | Class | Location | Instructor |
|---------------------|---------------|----------|------------|
| A.M. Classes | | | |
| 7:15-8:15 | BodyPump | KF MP | Heather |
| 8:25-8:55 | LesMills Core | KF MP | Heather |
| 9:00-9:45 | Vinyasa Yoga | SMB | Liliana |
| 9:05-10:00 | BodyCombat | KF MP | Sarah |

Sunday

| Time | Class | Location | Instructor |
|---------------------|--------------|----------------|--------------|
| A.M. Classes | | | |
| 8:15-8:45 | GRIT | KF MP | Sarah |
| 8:15-9:00 | RPM | Cycling Studio | Renee/Lisa** |
| 9:15-9:45 | Exprs Combat | KF MP | Katy |
| 9:55-10:40 | Zumba | KF MP | Katy |
| 10:00-11:00 | Yin Yoga | SMB | Aaron |

****Registration required**

+Daxko Reservations will end July 2nd, as we transition to in-app reservations, starting July 3rd. Download the YMCA360 app at www.statelineymca.org/connect.