

Stateline Family Roscoe/Rockton YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:00-6:30 Advanced Cycle		5:00-6:30 Advanced Cycle		
	5:30-6:25 Boot Camp	5:30-6:25 Power Hour	5:30-6:25 Boot Camp	5:30-6:25 Power Hour	5:30-6:25 Boot Camp	
	8:00-8:40 Butts-N-Guts	8:00-8:55 Y's Way	8:00-8:40 Butts-N-Guts	8:00-8:55 Y's Way	8:00-8:40 Butts-N-Guts	8:00-9:00 Pilates
	8:45-9:55 Cardio Step	8:15-9:00 Beg/Inter Cycle	8:45-9:55 Cardio Step	8:15-9:00 Beg/Inter Cycle	8:45-9:55 Cardio Step	9:00-9:55 Hardcore Saturday
	9:00-10:00 Running Club	9:00-9:55 75% Kick	9:00-10:00 Running Club	9:00-9:55 75% Kick	9:00-10:00 Long Run	9:00-9:55 Beg/Inter Cycle
	10:00-10:55 Senior Fit Workout	10:00-10:55 Pilates	10:00-10:55 Senior Fit Workout	10:00-10:55 Pilates	10:00-10:55 Senior Fit Workout	
			11:00-11:45 Sports Class	11:00-11:45 Sport Class		
	12:00-12:55 Power Hour		12:00-12:55 Power Hour		12:00-12:55 Power Hour	
	1:00-1:55 Senior F.I.T.		1:00-1:55 Senior F.I.T.		1:00-1:55 Senior F.I.T.	
	4:00-5:00 Pilates		4:00-5:00 Pilates			
	5:00-5:55 Sports Programs	5:00-5:55 Sports Programs	5:00-5:55 Sports Programs	5:00-5:55 Sports Programs		
	6:00-7:00 Tighten & Tone	6:00-7:00 Body Blitz	6:00-7:00 Tighten & Tone	6:00-7:00 Body Blitz		

The symbols shown represent the type of workout for a class. Classes are subject to cancellation or change.