



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2010 FALL FITNESS SCHEDULE

## FREE TO FULL MEMBERS

All others see the brochure, website or membership desk for fees.



	CLASS	LOCATION	DAY	TIME	INSTRUCTOR
<b>NEW!</b>	Boot Camp	Galowich Smith	Mon. Wed.	6-6:45 am 6-6:45 am	Jeremy Jeremy
<b>NEW!</b>	Super Sculpt	Galowich Smith	Tue. Thurs.	6:15-7 am 6:15-7 am	Jeremy Jeremy
<b>NEW!</b>	A.M. Sweatfest	Smith Galowich	Mon. & Wed. Tue. & Thur.	9-10 am 9-10 am	Lisa Lisa
<b>NEW!</b>	Senior Aerobics	Smith Galowich	Mon., Wed. & Fri. Tue. & Thur.	10-11 am 10-11 am	Lisa Lisa
	Ab Attack	Galowich	Mon.	6:30-7 pm	Lisa
	Step & Sculpt	Galowich Smith	Mon. Tue.	7-7:30 pm 6:30-7 pm	Lisa Lisa
	Latin Rhythm	Galowich	Wed.	6:30-7 pm	Sandra
	General Fitness	Galowich	Wed.	7:30-8 pm	Sandra
	Cardio Interval	Galowich	Thur.	6-6:45 pm	Lisa
	Butt and Thigh	Smith	Tue.	6-6:30 pm	Lisa

GALOWICH FAMILY YMCA  
749 Houbolt Rd. Joliet, IL 60431  
P: 815.744.3939

SMITH FAMILY YMCA  
1350 S. Briggs St. Joliet, IL 60433  
P: 815.726.3939

[www.jolietymca.org](http://www.jolietymca.org)



# CLASS DESCRIPTIONS

**BOOT CAMP:** For those looking for a challenging workout. You can expect running, cardio, strength drills and more.

**Super Sculpt:** Get the benefits of the weight room in a group exercise setting. Since the repetitions will be limited, to no more than 20 repetitions per set you can focus on progressing and building strong and defined muscles. Those who attend the class regularly will see the biggest strength gains!

**A.M. SWEATFEST:** This class varies from week to week. You can expect a little bit of all our great and challenging evening classes, during the day: step, butt and thigh, ab attack, and cardio interval. (See class descriptions listed below)

**SENIOR AEROBICS:** This is a low impact class designed for people with disabilities, Arthritis, or just need to work on very light movement. Geared toward the senior population this class is made to fit every type of low impact ability. Chairs are provided if sitting is desired during the class.

**AB ATTACK:** A quick class that hits the abdominal area and the lower back.  
**Step and Sculpt:** This is a step aerobics class with basic choreography that also includes core work, strength training and stretching.

**LATIN RHYTHM:** Need a little sizzle in your life? Then this class is designed for you while learning and having fun through choreographed Latin dance and more. This high impact aerobic exercise is a great cardio workout, enhancing metabolism and burning fat! No prior dance experience or partner is required. Get ready to kick up your heels!

**GENERAL FITNESS:** General Fitness is a quick class that lets you get a little of simple workout moves with music. Exercises include but are not limited to: push-ups, sit-ups, simple arm movements with and without weight, etc...

**CARDIO INTERVAL:** Are you ready to get into shape and want to have fun doing it? This cardio interval class is a cross between strength training and cardio training. With a variety of exercises this class makes getting into shape enjoyable and is geared towards all levels!! This class may be held outdoors in good weather conditions above 50 degrees.