the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Fitness Schedule • March 18–April 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15–6:05 a.m. Sarah L.	Hatha Yoga 6–6:50 a.m. Andrea	Strength Train Together 5:15–6:05 a.m. Sarah L.		Boot Camp 5:15–6:05 a.m. Sarah L.	
	Gentle Yoga 8–8:50 a.m. Linette		Hatha Yoga 6–6:50 a.m. Andrea		Hatha Yoga 7–7:50 a.m. Rotating
Senior Fitness 7:45–8:35 a.m. Jane	Step & Sculpt 9–9:50 a.m. Lynn	Fitness Yoga 6:45 – 7:35 a.m. Linette	Gentle Yoga 8–8:50 a.m. Jo	Vinyasa Yoga 7:50–8:40 a.m. Donna	Saturday Sampler 8 – 8:50 a.m. Rotating
Senior Fitness 8:45–9:35 a.m. Jane	Prenatal Exercise Class* 9–9:50 a.m. Liz	Senior Fitness 7:45–8:35 a.m. Jane	Pound Fitness 9–9:50 a.m. Crystal	Strength Train Together 8:55–9:45 a.m. Crystal	Pound 9–9:50 a.m. Crystal
Strength Train Together 9:50–10:40 a.m. Crystal		Senior Fitness 8:45–9:35 a.m. Jane	Prenatal Exercise Class* 10–10:50 a.m. Liz	Senior Fitness 10:10–11 a.m. Paula	
	Senior Fitness 10:10–11 a.m. Paula	Barre 10–10:50 a.m. Stacey	Senior Fitness 10:10–11 a.m. Lisa		
	Senior Fitness 3–3:50 p.m. Teryl		Senior Fitness 3–3:50 p.m. Teryl		
Tabata 3:45–4:15 p.m. Leigh Anne		Kettlebells Amped 3:45–4:15 p.m. Leigh Anne		Tabata 4:15–4:45 p.m. Leigh Anne	
Tabata 4:30–5 p.m. Leigh Anne	Synergy 360 Boot Camp 4:30–5:15 p.m. Mariah	Kettlebells Amped 4:30–5 p.m. Leigh Anne	Zumba 4:30– 5:20 p.m. Jessica		
Triple Threat 5:20–6:10 p.m. Lynn	Zumba 4:30–5:20 p.m. Kelly	Cardio & Weights 5:15–6:05 p.m. Terri	TRX & Weights 4:30–5:15 p.m. Sarah		
Sports Performance 5:30–6:30 p.m. Devin	Hatha Yoga 5:30–6:20 p.m. Andrea	Sports Performance 5:30–6:30 p.m. Devin	Strength Train Together 5:35–6:25 p.m. Sarah L.		
		Prenatal Exercise Class* 5:30–6:20 p.m. Leigh Anne			
Hip Hop Fitness 6:30–7:20 p.m. Stacey	Women on Weights 6:15–7:15 p.m. Ro	Yoga Restore 6:30–7:20 p.m. Marie			

KEY

- YMCA Member
- Open to the Community
- Morris Hospital Staff
  Open to all members when space is available
- Fee-Based Fitness Program
  Requires a fee & registration
- Open to the Community
  *Located in program basement

KIDS CORNER HOURS:

Monday–Thursday:
8–11:30 a.m.
4:30–7:30 p.m.

Friday–Saturday
8–11:30 a.m.

SATURDAY SAMPLER:

3/23	
Abs & Glutes	Crystal
3/30	
Power Yoga	Jo
4/6	
Zumba	Jessica
4/13	
Power Yoga	Jo
4/20	
Zumba	Jessica
4/27	
Barre	Stacey

MORRIS COMMUNITY YMCA
320 Wauponsee Street • Morris, IL 60451
www.jolietymca.org • (815) SAY-YMCA

United Way of Grundy County

In partnership with MORRIS HOSPITAL & HEALTHCARE CENTERS

FREE FITNESS CLASS DESCRIPTIONS

Barre Fitness: Come experience a fun, invigorating, athletic-based class that focuses on conditioning and toning the entire body! This workout blends classical ballet exercises, Pilates and traditional conditioning movements designed to develop muscular endurance, dynamic balance, flexibility and of course core strength. No dance experience necessary.
Boot Camp: For those looking for a great full body workout. You can expect plyometrics, cardio and strength drills, obstacle courses etc.
Butts and Gutts: Strengthen your core and your glutes while working on 2 of the main trouble areas in this fun up pace class.
Cardio Interval: You'll alternate between cardio intervals and strength moves to achieve the maximum results, increased cardiovascular fitness and calorie burning.
Cardio Kickboxing: This class is a combination of cardio, boxing and marital arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.
Cardio & Weights: Alternating between strength and cardiovascular exercises to achieve overall strength and endurance.
Cross Training: A high intensity class that will challenge you physically and push you for the whole 30 minutes using weights and plyometrics.
Fitness Yoga: This general fitness yoga class is designed for intro and intermediate students. The focus is on improving flexibility, strength and balance incorporating vinyasa and hatha yoga with breathing techniques to relieve stress and promote spirit-mind-body wellness.
Gentle Yoga: A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced who enjoy a gentler class.
Hip Hop Fit: Hip Hop Fit is a dance fitness class designed to get you moving to the hottest music and moves. Be prepared to sweat and get fit the fun way! Anyone can do it!!
HIIT: This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and burn extra calories.
Interval Training: You'll alternate between leg work, cardio, and strength, for max results. Each class will end with core work and a cool down.
Pound Fitness: Channel your inner rockstar with Pound Fitness, a full-body cardio jam session of a workout inspired by drumming. Using Ripstix®–weighted drumsticks engineered for exercise—you'll burn calories and tone while rocking out to your favorite music!
Pumped Up: A strength class in which participants can expect to develop strong and toned muscles.
Senior Fitness - A service of Morris Hospital & Healthcare Centers: Senior fitness classes are designed to provide low impact aerobic training for participants 55 and older, incorporates strength training for an overall workout. No registration is required for classes listed in the lighter gray.
Step & Sculpt: This class starts with an easy to follow dance step routine, followed by strength, core work, & stretching.
Strength Train Together: This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.
Strong by Zum=ba:"You will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.
Tabata: Tabata workouts are HIIT workouts alternating periods of high intensity with shorter recovery periods designed to boost post exercise calorie burn.
Triple Threat: Cardio, strength and ab exercises are the name of the game in this class. Each week we will do a different work out, whether it be Fitball, Pumped up, Step and Sculpt, etc. To keep the body guessing and to burn maximum calories!
Vinyasa Yoga: Connects breath to movement while increasing flexibility, balance and improving stress reduction.
Yoga Restore: Suitable for all ages and abilities who are looking to restore the core muscles, and increase strength, balance, and range-of-motion in the hips, legs, and spine. This class will aid in the relief and relaxation of a hard day's work, through breathing exercises and meditation.
Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

FEE-BASED FITNESS PROGRAMS AVAILABLE

Hip Hop Kids: Classes are designed to allow the students to let go and dance without being limited by rules of technique. Learn the latest dancing moves & be prepared to have a blast while getting fit! (7-14yrs)
Jump Start Teen Fitness: This program for tweens and teens is a combination of education, fitness and good old fashion fun and games. The hour will include a warm up and short workout, a fun fitness game and a short educational component. (9-13yrs)
Line Dancing: Taught by Doug Pfaff, learn basic step by step dance with a group of people having fun dancing in a line or in a circle.
Partners in Sweat: Taught by Sisters Crystal and Brittany Pair up! In this partner based exercise class you will push yourself and your partner to new levels. Train using plyometrics, body weight and TRX Suspension Training to reach new heights.
Small Group Training ESP: A class designed to enhance strength, power, and Endurance through differentiated phases that are fun and fast paced! Your instructor will work with you on strength, power, or endurance to reach your fitness goals.
Sports Performance Training: Take your game to the next level. Athletes work on 1. Athletic strength training 2. Speed and agility development 3. Core stability and balance training 4. Injury prevention and recovery techniques (11-17yrs)
Synrgy 360 Boot Camp: In a smaller group this class offers an effective, functional and fun workout using the Synrgy 360. You can expect to build muscle and burn a ton of calories using the TRX Suspension Trainer, medicine balls, kettlebells, plyometrics, battling ropes and more.
TRX Suspension and Abs: This is a beginner class which will teach you how to use the TRX suspension trainer. In this 45 minute class you will use the TRX Suspension Trainer which will give participants an edge over conventional strength training because every Suspension Training exercise builds true functional strength and improves flexibility, balance and core stability all at once!
TRX Suspension Max: TRX Suspension Trainer will give participants an edge over conventional strength training because every Suspension Training exercise builds true functional strength and improves flexibility, balance and core stability all at once! While also Using the Battle Rope to gain explosive power and strength.
TRX and Yoga: Use the TRX straps in the yoga routine to challenge yourself in different poses and achieve a great workout.
Women on Weights: Learn safe strength training exercises and get a great workout. In this class you will be doing a variety of exercises focusing on major muscle groups for a different type of workout. In this small group setting your instructor will be able to give you modifications and form corrections helping you get the most out of your workout.