



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • November 11 – December 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Metabolic Effect 5:15-6:15 a.m. Janet		Metabolic Effect 5:15-6:15 a.m. Janet		Metabolic Effect 5:15-6:15 a.m. Janet	
					AMRAP (As Many Reps As Possible) 7:15-8:15 a.m. Beth
Pilates: Core & More 8:30-9:15 a.m. Allene		Pilates: Core & More 8:30-9:15 a.m. Allene			Zumba 8:30-9:15 a.m. Janet
Zumba 9:30-10:15 a.m. Janet	Yoga 9-10 a.m. Beth	Strength & Tone 9:30-10:15 a.m. Kim Chair Body Works 9:30-10:15 a.m. Janet	Weights, Balls, Rings and Things 9:30-10:15 a.m. Terre	15/15/15 9:15-10 a.m. Kim	
Chair Body Works 10:20-11:05 a.m. Janet	Dance Aerobics 10:20-11:05 a.m. Terre	Zumba 10:20-11:05 a.m. Janet	Dance Aerobics 10:20-11:05 a.m. Terre	Chair Body Works 10:20-11:05 a.m. Janet	
			Hard Core 11:10-11:40 a.m. Terre	Get Fit 11:10-12 p.m. Janet	
	*Teen Fit 5-5:45 p.m. Jaime		*Teen Fit 5-5:45 p.m. Jaime		
Vinyasa Yoga 6:05-7:05 p.m. Allene	Zumba 6:05-6:50 p.m. Greta	Boot Camp 6:05-6:50 p.m. Erik			
	*Self Defense 7-7:45 p.m. Jaime		*Self Defense 7-7:45 p.m. Jaime		

KEY: ■ Active Older Adult ■ Cardio Class ■ Strength Class ■ Total Body ■ Mind & Body ■ *Fee Class

GALOWICH FAMILY YMCA

749 Houbolt Rd • Joliet, IL 60431 • www.jolietymca.org • (815) SAY-YMCA



DESCRIPTIONS

15/15/15: Three workouts in one! Combine cardio, strength and core in 15 minutes segments for a total body workout!

AMRAP (As Many Reps as Possible): Expect circuits and routines that use fast-paced, functional movements to help improve your cardiovascular endurance, stamina, strength, flexibility, power, coordination, agility and balance.

BOOT CAMP: Join us for Boot Camp and achieve your fitness goals! Broken up into intervals where you will work your entire body, including abs, arms, legs, and glutes. This is a very accessible workout program as each exercise can be adapted to work for you.

BUTTS & GUTS: High energy toning and sculpting class designed to target the problem areas of butt, thighs and abs. Format includes a variety of trunk focused interval exercises effective to burn fat as you lift and shape your lower body.

CARDIOBALL AND TONE: This 40 minute class uses the large Swiss ball to tone and develop muscle group synergy. We do 20 minutes of cardio holding the ball, followed by either partner exercises using the ball or weights sitting on the ball.

CHAIR BODY WORKS: This class is designed for members who have trouble with balance, and are looking to gain strength and stability and feel better overall on a daily basis. In addition to using a chair for balance, we will use light weights, bands and other equipment.

DANCE AEROBICS: Come join us for this low impact dance aerobics class. Let's all sweat while we 'dance' and tone to the latest club music. Occasionally we will use weights and balls to increase our heartrate. All fitness levels are welcome in this class!

GET FIT: This class consists of aerobic activity followed by strength, core, and stability exercises utilizing fitness equipment such as stability balls, bender balls, weights, and more! All fitness levels and modifications are always an option.

HARD CORE: A 30-minute core-focused workout.

METABOLIC EFFECT: Broken up into intervals where you will work your entire body, including abs, arms, legs, and glutes. This is a very accessible workout program as each exercise can be adapted to work for you.

PILATES: CORE & MORE: Pilates may sound intimidating, but it's an accessible way to build strength in your core muscles for better posture, balance and flexibility. This is a low-impact class geared towards active adults.

STRENGTH & TONE: This class is a full body workout designed to target all major muscle groups. You will learn proper form, build lean muscle, improve bone density and boost your metabolism. For all fitness levels.

***TEEN FIT:** Led by a personal trainer, this fitness class is designed specifically for teens and tweens who want to get fit and improve their athleticism.

VINYASA YOGA: A physically active form of yoga, focuses on coordination of breath and movement. Taught by certified Yoga Instructor.

YOGA: This class uses movement and breath together. Class begins with breath and warm up, then poses (standing and seated) followed by stretching and relaxation. This is a workout for your body and mind.

ZUMBA: This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. Zumba attendees achieve long-term health benefits while experiencing an absolute blast in one exhilarating session of caloric-burning, body energizing, awe-inspiring movements meant to engage and captivate for life.