



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • January 6 – February 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15-6:15 a.m. Janet		Boot Camp 5:15-6:15 a.m. Janet		Boot Camp 5:15-6:15 a.m. Janet	
					Total Body Workout 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
Chair Body Works 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	Power Bar 9:30-10:15 a.m. Terre	Triple Threat 9:15-10 a.m. Kim	
Zumba 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	
Pound 11:15-12 p.m. Michele		Pound 11:15-12 p.m. Michele	Hard Core 11:15-12 p.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

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.

CHAIR BODY WORKS: This class is designed for those 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, mini fitness balls, weights, and more! All fitness levels and modifications are always an option.

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

TOTAL BODY WORKOUT: Every week a new series of exercises will be introduced to challenge the entire body. From legs and core to upper body with a dash of cardio while using a variety of equipment.

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.

POUND: Channel your inner rock star with Pound Fitness, a full-body cardio jam session of a workout inspired by drumming using the Ripstix weighted drumsticks engineered for exercise. Burn calories and tone while rocking out to popular music.

POWER BAR: Join us for this low impact beginner friendly weighted bar class. We use the bar to implement balance, strength and toning moves.

***SELF DEFENSE:** Self-defense training can help you prepare and respond in the event of an attack. Take the Y's Self-Defense class to increase your awareness and assertiveness, as well as learn safety strategies and physical techniques that enable you to defend yourself.

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.

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 to keep the body guessing and to burn maximum calories!

VINYASA YOGA: A physically active form of yoga, focuses on coordination of breath and movement.

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.