



FOR YOUTH DEVELOPMENT®
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Group Fitness Schedule

Group Fitness Schedule (June 22-28)

Please note: On-site fitness classes with an (*) will be broadcast on Zoom or Facebook Live. During these classes, only the YMCA instructor will be shown on camera.

Any classes done through Zoom are only available during the session. Please use Zoom codes listed for access to live classes. Some classes are "On-Site Only" and will not be available through streaming options.

Participants will need to register for all on-site classes at www.jolietymca.org. These classes will follow strict social distancing guidelines. Please bring a mat for all classes and arrive a few minutes early to allow for check in.

Locations: (P) – indicates pavilion (FE) – indicates front entryway

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Strong Nation 8:00-8:45am Julie W On-Site (FE)/Zoom ID - 857 1587 8662 Password - 399486		Bodyweight Bootcamp 8:00-8:45am Amy R. On-Site Only (P)		*Vinyasa Flow 8:00-8:45am Kim G. On-Site (P)/Facebook Live	PLYOGA 8:00-8:45am Amy R. On-Site Only (FE)
*Pumped Up 9:00-9:45am Kristen On-Site (P)/ Facebook Live Dumbbells recommended	*PLYOGA 9:00-9:45am Suzuka On-Site (P)/FB Live	*Kickboxing 9:00-9:45am Suzuka On-Site (P)/FB Live	Pilates 9:00-9:45am Cyndi On-Site Only (P)	*STRONG Nation® 9:00-9:45am Kristen On-Site (FE)/Zoom ID - 863 9686 9948 Password - 756588	Sweat and Flow 9:00-9:45 Amy R. On-Site Only (FE)
	Senior Fit 12:00-12:45pm Kristen Facebook Live only		Kid's Fit 12-12:45pm Kristen Facebook Live only		Pound 10:00-10:45am Crystal Zoom Only ID - 821 5857 8890 Password - 668116
					SUNDAY
	Insanity 6:00-6:45pm Carrie On-Site Only (P)	Pumped Up 6:15-7:45pm Minerva On-Site Only (P)	Pilates 6:00-6:45pm Melissa On-Site (P)		PLYOGA 9:00-9:45am Lyndsey On-Site Only (FE)
Hatha Yoga 7:00-8:00pm Neeta On-Site Only (P)	Pound 7:00-7:45pm Julie W. Zoom Only ID - 811 1202 6253 Password - 189644	*WERO 7:00-7:45pm Kristen On-Site Only (P)	Zumba 7:00-7:45pm Stacy On-Site Only (P)		

On-Site Check In Procedures:

Participants and staff will be required to wear a mask while checking in to class. Masks can be removed during workouts. Participants will be required to remain in their designated spots, which will be clearly marked upon arrival, to ensure social distancing guidelines are met.

Rain Out Procedures:

In the event of inclement weather, we will do our best to cancel classes at least 60 minutes before the class is scheduled to begin. Please be sure to check your email and follow the Y on social media for class cancelations. Refunds will be issued in the event of weather cancelations.

In the event of rain, "On-Site Only" and "FB Live" may transfer to Zoom with the following information

Meeting ID: 890 9936 0201 Password: 253996



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CARDIO ATHLETIC CLASSES: Limited choreography, easy to follow classes that range from int. to adv. intensity.

Boot Camp: For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.

Bodyshred: Jillian Michael's Bodyshred is a high intensity and endurance based 30- 40 minute circuit work out. Three minutes strength, two minutes cardio, one minute abs in each circuit. Int/Adv – can be modified.

Group Cycling: Please see group cycle schedule for various descriptions.

Kick Boxing: High intensity cardio class using boxing technique to make it fun and challenging. Int/Adv. Can be modified.

Total Potential Barre: A ballet inspired class that does include more fitness-type exercises. This class focuses on strength and endurance as well as balance and flexibility. This class would be appropriate for intermediate to advanced participants.

HIIT/ABS: High Intensity Interval Training that includes short bursts of cardio with limited recovery that challenges participants to work at their highest level. Core and Abs are done at the end of class.

Morning Mix: This class switches between a bootcamp, STRONG, and interval format. Schedule is listed on back of cycle schedule.

STRENGTH TRAINING CLASSES: Easy to follow classes that follow traditional strength training principles for all fitness levels.

Strength Train Together™: This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.

EnhanceFitness: A class that includes cardio, strength, balance and stretching designed for people who are looking for a complete, safe workout that can be modified to provide a great workout for individuals with limitations as well as to fit active adults. And its lots of fun!!!

Pumped Up: This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

HardCore: A 30 minute core focused workout that combines functional movement and core exercises. Any Level.

Moving For Better Balance (MBB): A progressive class that is Tai- Chi based and focuses on falls prevention, injury recovery, and more. *Free for members, but requires registration.

CHOREOGRAPHED CARDIO CLASSES:

Step & Sculpt: This is a step aerobics class with some choreography that also includes core work, strength training and stretching. Any level.

Zumba: This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

WERQ: This is a fun class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness. A fusion of exercise and hip hop dance. Any level.

Insanity: A pre-designed high intensity workout by Shaun T. This class is mostly high intensity cardio with abs at the end.

Pound: This class uses lightly weighted drum sticks (Ripstix) in a rhythmic pattern to tone and tighten your body. Any Level.

Generation Pound: This class for 8-12 year olds uses lightly weighted drum sticks (Ripstix) in a rhythmic pattern. This class is interactive and focuses on positivity, movement, and coordination.

STRONG by Zumba: Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level.

Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.

MIND BODY FITNESS CLASSES:

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.

Hatha Yoga: Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general wellbeing while controlling stress.

Pilates: A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.

Power Yoga: A powerful vinyasa flow class designed to strengthen the entire body, enhance toning, increase flexibility and promote circulation. Intense enough for advanced students and a variety of modifications offered to welcome new students looking for a challenge.

PiYo: PiYo is not like standard Pilates or Yoga. It speeds things up and introduces you to dynamic flowing sequences that can burn serious calories while lengthening and toning your muscles and increasing flexibility.

Yoga/Pranayama; Breathing and Meditation: This is a wonderful class to work on taking care of yourself. You will be taken carefully through a series of breathing techniques that will help you focus and relax. A great addition to any workout routine.

Restorative Yoga: This Yin Yoga practice works the tissues of our ligaments, joints, deep fascial networks, and even our bones. It is a passive yet challenging practice due to the long duration of the poses. Note: If the tissues you are targeting are damaged in some way, please give yourself a chance to heal before taking this class.