



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | April 26 – June 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15-6:05 a.m. Rotating		Strength Train Together 5:05-5:55 a.m. Sarah		Boot Camp 5:15-6:05 a.m. Rotating	
	Pumped Up 7-7:45 a.m. Ro		Butts & Guts 7-7:45 a.m. Ro		
			Gentle Yoga 7-7:45 a.m. Linette @Goold Park		
Senior Ftness 8:00-8:45 a.m. Jane	Gentle Yoga 8-8:50 a.m. Linette	Senior Fitness 7:45-8:30 a.m. Jane	Gentle Yoga 8-8:50 a.m. Jennifer	Vinyasa Yoga 7:50-8:40 a.m. Donna	Saturday Sampler 8-8:45 a.m. Rotating @ Goold Park
Strong Nation 9:05-9:55 a.m. Jessika	Step & Sculpt 9:05-9:55 a.m. Lynn	Senior Fitness 9:00-9:45 a.m. Jane	Strong Nation 9:05-9:55 a.m. Stacey	Cardio Interval 8:55-9:45 a.m. Tifanie	
	Fab 50 Y Walkers 9-10 a.m. Sarah See description for more info	Pound 10:00-10:50 a.m. Crystal			
	Senior Fitness 10:30-11:15 a.m. Lisa		Senior Fitness 10:30-11:15 a.m. Lisa		
Tabata 3:45-4:15 p.m. Leigh Anne		Kettlebells Amped 3:45-4:15 p.m. Leigh Anne			
Kettlebells Amped 4:30-5 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Jes	Tabata 4:30-5:00 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Jes	Cardio Interval 4:15-5:00 p.m. Leigh Anne	
Monday Mix 5:20-6:10 p.m. Rotating	Fitness Yoga 5:35-6:25 p.m. Linette	Cardio Interval 5:15-6:05 p.m. Tifanie	Strength Train Together 5:35-6:25 p.m. Katie		

KEY

- Facility Member
- Senior Fitness open to community
- Outdoor Classes, open to community & facility members

KIDS CORNER HOURS:

Monday-Thursday
4:30-6:30 p.m.

Friday
8-10 a.m.

Monday Mix:

4/26	Butts & Guts	Ro
5/3	Cardio Interval	Lynn
5/10	Zumba	Jes
5/17	Strong Nation	Jessika
5/24	Strength Train Together	Katie

Saturday Sampler @ Goold Park:

5/1	Strong Nation	Crystal
5/8	Yoga	Linette
5/15	Strong Nation	Crystal
5/22	Bodyweight Boot Camp	Tifanie
5/29	No Class	No Class
6/5	Strong Nation	Crystal

FREE FITNESS CLASS DESCRIPTIONS

Boot Camp: For those looking for a great full body workout. You can expect plyometrics, cardio and strength drills, obstacle courses etc.

Butts and Guts: This class focuses specifically on developing strong, powerful lower body and core muscle groups by using various types of resistance training techniques, including free weights, resistance bands and body weight exercises. Workout will focus on the glutes, abs, legs, and lower back.

Cardio Interval: You'll alternate between cardio intervals and strength moves to achieve the maximum results, increased cardiovascular fitness and calorie burning.

Fitness Yoga: An effective and exciting "Mind" and "Body" workout. It combines aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance, and balance.

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!!

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

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.

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 Nation: 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.

Y Walkers: Get outside and enjoy the warm weather and the company of your fellow members as part of the Morris Community YMCA Fab 50 Walking Club. Walk lengths will progress in time each week, as we work up to a one-hour walk. A YMCA staff member will lead group walks through the beautiful downtown district and along the river walk, among other locations. Please bring a water bottle and comfortable walking shoes and plan to arrive 5-10 minutes early to allow for stretching. In cases of inclement weather, please contact the Y. Cost is \$5 for community members and free for facility members. Registration is required and please notify Sarah at sporzel@jolietyymca.org if you cannot attend a session once signed up.

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

