



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • August 30 – October 2

Try the new Zumba Gold class on Thursday!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Triple Threat 6-6:45 a.m. Alissa STUDIO/OUTSIDE	
Swimnastics 8-8:45 a.m. Amy POOL		Swimnastics 8-8:45 a.m. Amy POOL			Zumba 8:30-9:15 a.m. Janet STUDIO
Strength & Tone Interval 9:15-10 a.m. Janet STUDIO/GYM	POUND 9:15-10 a.m. Michele STUDIO	Strength & Tone Interval 9:15-10 a.m. Janet STUDIO/GYM	Zumba Step 9:15-10 a.m. Greta STUDIO		
Zumba 10:15-11:00 a.m. Janet STUDIO/GYM		Zumba 10:15-11:00 a.m. Janet STUDIO/GYM		Pilates 10:15-11:00 a.m. Allene STUDIO	
Aqua Zumba 6:30-7:15 p.m. Greta POOL	Aqua Zumba 6:30-7:15 p.m. Greta POOL	Yoga 6-6:45 p.m. Allene STUDIO	Zumba Gold 6:30-7:15 p.m. Cherie STUDIO		

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

**GALOWICH FAMILY YMCA**

749 Houbolt Rd • Joliet, IL 60431 • [www.jolietymca.org](http://www.jolietymca.org) • (815) SAY-YMCA



## DESCRIPTIONS

**AQUA ZUMBA:** Water resistance with a Zumba philosophy offers a low-impact, high-energy aquatic pool party!

**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.

**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.

**STRENGTH & TONE INTERVAL:** This class consists of building strength, muscle and endurance. You will use weights, body bars and other equipment. You will work on proper form to get the full benefit of toning and strengthening your muscles. Please bring your mat.

**SWIMNASTICS:** This fun, high-energy class promotes flexibility, improved circulation, muscle toning and cardiovascular conditioning.

**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!

**YOGA:** This class uses movement and breath together. Class begins with breath and warm up, then poses 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.

**ZUMBA GOLD:** This new class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance and introduces easy-to-follow Zumba® choreography that includes balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**ZUMBA STEP:** Taking Zumba to the step bench! This class combines your favorite Zumba moves/rhythms onto the tep bench for a fun versatile workout.