



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | August 30 – October 2

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	
			Butts & Guts 7-7:45 a.m. Ro	Pilates 7-7:45 a.m. Melissa	
Senior Fitness 7:30-8:15 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 8:00-8:50 a.m. Donna	Saturday Sampler 8-8:50 a.m. Rotating
Senior Fitness 8:30-9:15 a.m. Jane	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. Jessika	Cardio Interval 9:05-9:55 a.m. Tifanie	
Rotates Weekly (refer to App) 9:30-10:20 a.m. Stacey	Fab 50 Y Walkers 9-10 a.m. Jordan	Pound 10:00-10:50 a.m. Crystal			
	Senior Fitness 10:15-11:00 a.m. Lisa		Senior Fitness 10:15-11:00 a.m.	Senior Fitness 10:15-11 a.m.	
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  
(see back page for Class description and Information)

## KIDS CORNER HOURS:

Monday-Friday  
9:00-11:00am

Monday-Thursday  
4:30-6:30pm

## Monday Mix:

8/30	Hip Hop Fit	Stacey
9/6	Labor Day	Close at 1:00pm
9/13	Zumba	Jes
9/20	Strength Train Together	Katie
9/27	Step & Sculpt	Lynn

## Saturday Sampler:

9/4	Barre	Stacey
9/11	Strong Nation	Crystal
9/18	Boot Camp	Tifanie
9/25	Pound	Crystal
10/2	Hatha Flow Yoga	Sue

FRIDAY, SEPT 24<sup>TH</sup>: 9:00-10:00am: CELEBRATE CORN FEST WITH A FUN FITNESS CLASS OUTSIDE!

BRING YOUR FRIENDS; THIS CLASS IS OPEN TO THE COMMUNITY!

POUND \* HIP HOP FIT \* STRONG NATION \* BOOT CAMP

## MORRIS COMMUNITY YMCA

320 Wauponsee Street • Morris, IL 60451  
[www.jolietylma.org](http://www.jolietylma.org) • (815) SAY-YMCA



In partnership with MORRIS HOSPITAL & HEALTHCARE CENTERS



# 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.

**Hatha Yoga:** Hatha Yoga is defined as movement that develops strength, flexibility, bodily relaxation, and mental concentration.

Class will provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles.

Mindfulness, and the observing of breath and body are integral parts of all hatha yoga.

**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!!

**Pilates:** Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.

Pilates emphasizes proper postural alignment, core strength and muscle balance.

**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!

**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! 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 Jordan at [joverton@jolietymca.org](mailto:joverton@jolietymca.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

