



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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HEALTHY LIFESTYLES START HERE

Small Group Training | August 30 – October 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Journey Ride with Strength & Abs 8:00-8:45 a.m. Lynn \$40/\$80 (5 weeks) \$10/\$20 (per class)	
Cycle & Yoga 8:45-9:30 a.m. Linette \$32/\$64 (4 weeks) \$10/\$20 (per class) * No class Sept 6 th				
Group Cycle 6:00-6:45 p.m. Sheila \$32/\$64 (4 weeks) \$10/\$20 (per class) * No class Sept 6 th		Youth Fitness & Conditioning 6:30-7:15 p.m. Becca \$7/\$14 per class		



Cycle & Yoga: Class starts interval training on the stationary bike to boost cardio endurance. Then participants enjoy a variety of Yoga poses ending with a long stretch and seated meditation.

Group Cycle: A challenging 45 minute ride that will combine strength and endurance components associated with cycling. All levels welcome.

Journey Ride with Strength and Abs: This class will combine the cycle workout with total body sculpting, using weights & resistance bands to target each muscle group effectively for a complete full body workout. You will also tone your stomach and strengthen your core.

Youth Fitness & Conditioning: A fun small group training class ideal for ages 10-13 years old and of all abilities. Kids can work up a sweat in a positive, high-energy environment. Participants will go through a conditioning cycle of a healthy warm-up, cardio, strength, and flexibility activities that will help them build endurance, develop strong muscles and bones, and reduce stress.

MORRIS COMMUNITY YMCA

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MORRIS HOSPITAL

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