



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | November 22 – 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Pumped Up 7-7:45 a.m. Melissa	
Senior Fitness 7:30-8:15 a.m. Pam	Gentle Yoga 8-8:50 a.m. Linette	Senior Fitness 7:45-8:30 a.m. Pam		Vinyasa Yoga 8-8:50 a.m. Donna	
Senior Fitness 8:30-9:15 a.m. Pam	Pumped Up 9:05-9:55 a.m. Lynn	Senior Fitness 9:00-9:45 a.m. Pam		Strength Train Together 9:05-9:55 a.m. Katie	
Strong Nation 9:30-10:20a.m. Stacey	Senior Fitness 10:15-11:00 a.m. Lisa	Barre 10:00-10:50a.m. Stacey		Senior Fitness 10:15-11:20a.m. Kim	
Kettlebells Amped 4:30-5 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Jess	Tabata 4:30-5 p.m. Leigh Anne			
Strength Train Together 5:20-6:10 p.m. Katie	Fitness Yoga 5:35-6:25 a.m. Linette	Strength Train Together 5:15-6:05 p.m. Katie			

CLOSED FOR THANKSGIVING

KEY

Senior Fitness
 Open to community

Facility Member

KIDS CORNER HOURS:

Monday-Friday
9-11 a.m.

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

MORRIS COMMUNITY YMCA

320 Wauponsee Street • Morris, IL 60451
www.jolietymca.org • (815) SAY-YMCA



MORRIS
HOSPITAL

In partnership with

FREE FITNESS CLASS DESCRIPTIONS

Barre Fitness: Come experience a fun, invigorating, athletic-based class that focuses on conditioning and toning the entire body! This workout blends classical ballet exercises, Pilates and traditional conditioning movements designed to develop muscular endurance, dynamic balance, flexibility and of course core strength. No dance experience necessary.

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: A focused workout that targets the core and glutes. Class uses free weights, resistance bands, and bodyweight exercises to target your entire body, with a special focus on abs, glutes, and thighs.

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!!

Hip Hop Step: A revamp of traditional step aerobics, this fun and high-energy class uses functional movements (think squats and jumping jacks). With routines set to old and new school hip hop music, it makes you want to get up and move, all while getting a great calorie burn. All levels of fitness welcome!

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 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. Registration is required and please notify Sarah at sporzel@jolietymca.org if you can not 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

