



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SUPERVISED ACTIVITY CENTER**

**AM:** Wednesday 9am-11am

**PM:** Monday-Thursday 4:30pm-7:30pm

**Saturday's:** 8am-10am

*Ages 6mo - 9yrs*

# HEALTHY LIFESTYLES START HERE

## Galowich Fitness Schedule • July 11 – August 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Triple Threat 6-6:45 a.m. Alissa OUTSIDE	
Swimnastics 8-8:45 a.m. Amy POOL	Walking Club 8:15-9 a.m. Alissa OUTSIDE	Swimnastics 8-8:45 a.m. Amy POOL		Chair Body Works 8-8:45 a.m. Janet STUDIO	Zumba 8:30-9:15 a.m. Janet STUDIO
Interval Strength Training 9:15-10 a.m. Janet STUDIO/GYM	POUND 9-9:45 a.m. Michele STUDIO	Interval Strength Training 9:15-10 a.m. Janet STUDIO/GYM	Zumba Step 9:15-10 a.m. Greta STUDIO	Pumped Up 9-9:45 a.m. Michele STUDIO	
Zumba 10:15-11 a.m. Janet STUDIO/GYM		Zumba 10:15-11 a.m. Janet STUDIO/GYM		Yoga 10-10:45 a.m. Allene STUDIO	
	*F.A.S.T. 5-5:45 p.m. Nicole OUTSIDE/STUDIO	Cardio Interval 5-5:45 p.m. Alissa STUDIO	Yoga for Youth 5:30-6:15 Allene STUDIO		
	*RUN CLUB 6-6:45 p.m. Nicole OUTSIDE/STUDIO	Yoga 6-6:45 p.m. Allene STUDIO			
Aqua Zumba 6:30-7:15 p.m. Greta POOL	Aqua Zumba 6:30-7:15 p.m. Greta POOL				

**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 pool party!

**CARDIO INTERVAL:** This class incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience to improve overall fitness. Great for all levels!

**CHAIR BODY WORKS:** This class is designed for those looking to gain strength and stability and feel better overall on a daily basis. In addition to using a chair for balance, we will use light weights, bands and other equipment.

**\*FAST:** Functional Agility Strength Training is designed for tweens looking to enhance their health and well-being. This 5-week circuit -based class will help participants achieve increased strength, knowledge of core stability, improved flexibility, help with injury prevention, and cross training exercises. (\*Fee class for ages 9-14)

**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.

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

**\*RUN CLUB:** This class is perfect for individuals looking to ease into a 5K training plan. During this class participants will work towards running a 5K or 3.1 miles and improving overall running pace.

**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.

**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!

**WALKING CLUB:** Come join us for a walk every Tuesday! Weather permitting, the group will meet on the outdoor track. If rain, we will walk in the gym.

**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.

**\*YOGA FOR YOUTH:** Increase flexibility and strength doing yoga poses with a flowing sequence. Improve concentration and focus using visualization and breath work. The improvements gained in this class can be used in both sports and academics.

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