



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | July 11 – August 27

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|
| Boot Camp 5:15-6:05 a.m. Tifanie | | Strength Train Together Sarah 5:05-5:55 p.m. | | Boot Camp 5:15-6:05 a.m. Tifanie | |
| | Cardio Interval 7-7:45 a.m. Abby | | Pumped Up 7-7:45 a.m. Ro | | Yoga Rotation 7-7:45 a.m. Rotating |
| 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 | Gentle Yoga 8-8:50 a.m. Sue | 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. Pam | Step & Sculpt 9:05-9:55 a.m. Lynn | Senior Fitness 9:00-9:45 a.m. Pam | Strong Nation 9:05-9:55 a.m. Jessika | Cardio Interval 9:05-9:55 a.m.. Tifanie | |
| Barre 9:30-10:20 a.m. Stacey | | Pound 10:00-10:50 a.m. Crystal | Y Fab 50 Walkers 9:00-10:00 a.m. Jordan See description for more info | | |
| | Senior Fitness 10:15-11:00 a.m. Lisa | | Senior Fitness 10:15-11:00 a.m. Lisa | Senior Chair Yoga 10:15-11:00 a.m. Kerri | |
| | Senior Fitness 3:00-3:45 p.m. Jane | | Senior Fitness 3:00-3:45 p.m. Jane | | |
| Kettlebells Amped 4:15-5:00 p.m. Leigh Anne | Hip Hop Fit 4:30-5:20 p.m. Jes | Tabata 4:15-5:00 p.m. Leigh Anne | Hip Hop Fit 4:30-5:20 p.m. Jes | Kettlebells Amped 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

KIDS CORNER HOURS:

Monday-Friday
9:00-11:00am

Monday-Thursday
4:30-6:30pm

Monday Mix:

7/11 | Hatha Flow Yoga | Andrea
7/18 | Strength Train | Katie
7/25 | Hip Hop Fit | Jes
8/1 | Strong Nation | Jessika
8/8 | Special Event | None
8/15 | Hip Hop Fit | Stacey
8/22 | Strong Nation | Jessika

Saturday Yoga 7:00am:

7/16 | Hatha Flow | Sue
7/23 | Hatha Yoga | Sheri
7/30 | Vinyasa Yoga | Pam
8/6 | Gentle Yoga | Jennifer
8/13 | Vinyasa Yoga | Pam
8/20 | No Class | Special Event
8/27 | Gentle Yoga | Jennifer

Saturday Sampler 8:00am:

7/16 | Strength Train Together | Katie
7/23 | Strong Nation | Crystal
7/30 | Strength Train Together | Katie
8/6 | Boot Camp | Tifanie
8/13 | Strong Nation | Crystal
8/20 | No Class | Special Event
8/27 | Barre | Stacey

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



MORRIS HOSPITAL
In partnership with 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. All fitness levels welcome!

Barre: Come experience a fun and invigorating 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.

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.

Hatha Flow Yoga: Hatha Flow Yoga links the postures practiced in a regular Hatha class into a sequence of postures and movements that flow with the breath. A Hatha flow class will utilize longer-timed standing, balancing, and seated poses with a focused breathing pattern, all helping to build strength, endurance, and focus.

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!!

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!

Pumped Up: This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

Senior Chair Yoga: A service of Morris Hospital & Healthcare Centers. Senior Chair Yoga is a gentle class adapting yoga poses with a chair for participants 55 and older.

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. 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.