



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPERVISED ACTIVITY CENTER

Monday-Wednesday: 5pm-7pm

Saturday's: 9am-11am

Ages 6mo – 9yrs

HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • January 9 – February 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Triple Threat 6-6:45 a.m. Alissa STUDIO	
Swimnastics 8-8:45 a.m. Amy POOL	Walking Club 8-8:45 a.m. Alissa OUTSIDE	Swimnastics 8-8:45 a.m. Amy POOL		Chair Body Works 8-8:45 a.m. Janet STUDIO	Zumba 8:30-9:15a.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	Power Flow 10:15-11 a.m. Greta STUDIO		
	*Junior Strength Training 5:30-6:15 p.m. Greta STUDIO	Cardio Interval 5-5:45 p.m. Alissa STUDIO			
*Speed, Strength, & Agility 6-6:45 p.m. Nicole STUDIO					
Aqua Zumba 6:30-7:15 p.m. Greta POOL	Aqua Zumba 6:30-7:15 p.m. Greta POOL	Yoga 6:30-7:15pm Allene STUDIO	*Prenatal Yoga 6:30-7:15 p.m. Allene STUDIO		

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 • (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.

***JUNIOR STRENGTH TRAINING:** Designed to teach children the basics of exercise with resistance training equipment in a group setting. They will learn how to safely use the equipment, use proper form, and follow a workout plan!

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.

POWER FLOW: Take dumbbells and resistance bands and fuse them together with yoga inspired movements. Power Flow delivers a calorie burning, low impact workout that will help you gain strength, balance, and flexibility all while moving to fun, flowy music.

***PRENATAL YOGA:** In this series, learn how to move mindfully during pregnancy, try restorative poses to for relaxation, and practice breath work and meditation to help relieve stress and discomfort. Throughout this four-week series, enjoy exploring the benefits of yoga with other moms-to-be!

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

***STRENGTH, SPEED AND AGILITY:** Youth will learn how to perform proper body weight exercises with an introduction on how to safely use functional equipment like dumbbells, medicine balls, barbells, kettlebells, as well a focus on speed work, balance and coordination to improve overall athletic ability.

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!

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.

ZUMBA: This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program! 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.