



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS CORNER

Monday-Wednesday: 5pm-7pm

Saturday's: 9am-11am

Ages 6mo – 9yrs

HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • April 24 – May 28

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. Patty 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	Power Flow 10:15-11 a.m. Greta STUDIO		
	*Junior Strength Training (Ages 9-12) 5:30-6:15 p.m. Greta STUDIO	Cardio Interval 5-5:45 p.m. Alissa STUDIO	*Hip Hop (Ages 4-6) 5:15-5:45 p.m. Syrina STUDIO		
*Speed, Strength, & Agility (Ages 13-17) 6-6:45 p.m. Nicole STUDIO	*Contemporary Dance (Ages 10-13) 6:30-7:30 p.m. Syrina STUDIO		*Hip Hop (Ages 7-9) 6-7 p.m. Syrina STUDIO		
Aqua Zumba 6:30-7:15 p.m. Greta POOL	Aqua Zumba 6:30-7:15 p.m. Greta POOL	Yoga 6:30-7:15 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.

***CONTEMPORARY DANCE: (AGES 10-13)** This class is designed for beginner/intermediate dancers to enhance their creativity, learn how to tell a story with dance, and improve a wider range of techniques.

DEEP WATER FITNESS: A strong cardiovascular deep-water workout to tone and firm without impact on the joints.

***JUNIOR STRENGTH TRAINING: (AGES 9-12)** 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!

***HIP HOP DANCE (AGES 4-6)** This beginner class is perfect for younger students. Students will learn rhythm and basic footwork using simple games and music.

***HIP HOP DANCE (AGES 7-9)** This class introduces basic hip hop movements with easy to learn techniques for dancers looking to expand their choreography skills.

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.

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: (AGES 13-17)** 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 as a focus on speed work, balance and coordination to improve overall athletic ability.

INTERVAL STRENGTH TRAINING: In this class you will use a variety of equipment with focus 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.