



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**KIDS CORNER HOURS:**  
**Monday-Wednesday:** 5pm-7pm  
**Saturday's:** 9am-11am  
*Ages 6mo – 9yrs*

# HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • **May 29 – June 3**

## MEMORIAL DAY WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Triple Threat 6-6:45 a.m. Alissa STUDIO	
Swimnastics 8-8:45 a.m. Amy POOL		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	Deep Water Fitness 9-9:45 a.m. Mariah POOL	
		Cardio Interval 5-5:45 p.m. Alissa STUDIO			
	Aqua Zumba 6:30-7:15 p.m. Greta POOL	Yoga 6:30-7:15pm Allene STUDIO			

**KEY:** Active Older Cardio Class Strength Class Total Body Mind & Body \*Fee Class



## 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.

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

**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.

**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!

**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.