



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### KIDS CORNER HOURS:

**Monday-Thursday:** 5pm-7:30pm

**Saturday's:** 9am-11am

*Ages 6mo – 9yrs*

# HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • **January 8 – February 4**

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	Butts & Guts 8:15-9:00am Alissa STUDIO	Chair Body Works 8-8:45 a.m. Janet STUDIO	Zumba 8:30-9:15am. Janet STUDIO
Bootcamp 9:15-10 a.m. Janet STUDIO/GYM	POUND 9- 9:45 a.m. Michele STUDIO	Bootcamp 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 9-945 a.m. Amy POOL	
				Pickleball 10:15 -11:45 a.m. JC GYM	
	<b>*Jr Strength (Ages 9-12)</b> 5:30-6:15 p.m. Alissa STUDIO	Cardio Interval 5-5:45 p.m. Alissa STUDIO			
	Pickleball 6:15-7:30 p.m. JC GYM				
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	WERQ 6:45-7:30 p.m. JoJo 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](http://www.jolietymca.org) • (815) SAY-YMCA



## DESCRIPTIONS

**AQUA ZUMBA:** Water resistance with a Zumba philosophy offers a low-impact, high-energy pool party!

**BOOTCAMP:** 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.

**BUTTS & GUTS:** A class that focuses specifically on developing strong powerful lower body and core muscle groups by using various types of resistance training techniques, including free weights, resistance bands, and body weight exercises. Workout will focus on the glutes, legs, abs, and lower back.

**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.

**\*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!

**PICKLEBALL:** A fun sport that combines many elements of tennis, badminton, and ping-pong. It can be played indoors or outdoors. Played singles 1 vs 1 or doubles 2 vs 2. Equipment includes a paddle and a hard-plastic ball with holes. Enjoyed by all ages!

**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.

**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 workout to keep the body guessing and to burn maximum calories!

**WERQ:** This is a fun and upbeat class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness!

**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.