



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS CORNER HOURS:
Monday-Thursday: 5pm-7:30pm
Saturday's: 9am-11am
Ages 6mo – 9yrs

INNOVATION CENTER HOURS:
Tuesday-Thursday: 5pm-7:30pm
Ages 10-17

HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • February 5 – March 10

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 8:30-9:15a.m. 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		Kickboxing 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. Amy POOL	
*Creative Movement (Ages 4-6) 4:45-5:15 p.m. Syrina STUDIO				Pickleball 10:15 -11:45 a.m. JC GYM	
*Creative Movement (Ages 7-9) 5:30-6:15 p.m. Syrina STUDIO	*Jr Strength (Ages 9-12) 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	AMPD BURN (Barre) 6:30-7:15 p.m. Greta STUDIO	Yoga 6:30-7:15pm Alene STUDIO	Strong Nation 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 • (815) SAY-YMCA



DESCRIPTIONS

AMPD BURN (Barre): Designed to take light kettlebells, resistance bands, and mini bands to fuse them together with Barre inspired movements focusing on the lower body compound and isometric movements developing strength and flexibility through the entire body.

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.

***CREATIVE MOVEMENT: (AGES 4-9)** A joyful way for children to explore movement through music while increasing physical agility, rhythm, spatial awareness and having fun!

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

KICKBOXING: This class is cardio with controlled movement punches and power kicks. You will get your heart rate up as well as tone your muscles. We will use upbeat and fun music to enhance the power.

***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.

STRONG NATION: combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

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.