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HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • February 8-March 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Triple Threat 6:00-6:45 a.m. Alissa STUDIO	
Swimnastics 8-8:45 a.m. Amy POOL		Swimnastics 8-8:45 a.m. Amy POOL			Zumba 8:30-9:15 a.m. Janet STUDIO
Low Impact Cardio Interval 9:15-10 a.m. Janet STUDIO	POUND 9:15-10 a.m. Michele STUDIO	Cardio Interval 9:15-10 a.m. Janet STUDIO	Zumba Step 9:15-10 a.m. Greta STUDIO	POUND 9:15-10 a.m. Michele STUDIO	
Zumba 10:30-11:15 a.m. Janet STUDIO		Zumba 10:30-11:15 a.m. Janet STUDIO		Pilates 10:30-11:15 a.m. Alene STUDIO	
Aqua Zumba 6:30-7:15 p.m. Greta POOL	Aqua Zumba 6:30-7:15 p.m. Greta POOL	Yoga 6-6:45 p.m. Alene 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 aquatic 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!

LOW IMPACT CARDIO INTERVAL: This class is a combination of strength training, basic low impact cardiovascular segments, balance and flexibility. Designed for those who prefer a great workout without the added impact to joints.

PILATES: A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.

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. Burn calories and tone while rocking out to popular music.

STRENGTH & TONE: This class is a full body workout designed to target all major muscle groups. You will learn proper form, build lean muscle, improve bone density and boost your metabolism. For all fitness levels.

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 that will blow you away. 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 tep bench for a fun versatile workout.