



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 • September 30 – November 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Triple Threat 6-6:45 a.m. Alissa OUTSIDE	
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	
Bootcamp 9-9:45 a.m. Alissa GYM	POUND 9-9:45 a.m. Michele STUDIO	Bootcamp 9-9:45 a.m. Janet GYM	Zumba Step 9:15-10 a.m. Greta STUDIO	Pumped Up 9-9:45 a.m. Michele STUDIO	
	Yoga 10-10:45 a.m. Allene STUDIO	Zumba 10-10:45 a.m. Janet STUDIO/GYM	<b>*Homeschool Gym</b> 10-10:45 a.m. Alissa GYM	Aqua Bootcamp 9-9:45 a.m. Alissa POOL	
	Pickleball 10:15 -11:45 a.m. GYM		Power Flow 10:15-11 a.m. Greta STUDIO	Pickleball 10:15 -11:45 a.m. GYM	
	<b>*Jr Strength</b> 5-5:45 p.m. Sabrina OUTSIDE	Cardio Interval 5-5:45 p.m. Alissa STUDIO			
<b>*Creative Movement</b> 6-6:45 p.m. Syrina STUDIO	Pickleball 6-7:30 p.m. GYM		WERQ 5:45-6:30 p.m. JoJo STUDIO		
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 Allene STUDIO	Circl Mobility 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

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

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

**AQUA BOOTCAMP:** A physically challenging water workout that will push you to your limits with focus on agility and cardiovascular and muscular endurance.

**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 with the 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!

**CIRCL MOBILITY:** Circl Mobility is a program that concentrates on flexibility, breathwork and mobility exercises. This format takes the body through patterns using joint movers to improve range of motion and flexibility while incorporating soothing music.

**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 & DANCE WORKSHOPS: (AGES 7-12)**

A joyful way for children to explore movement through music while increasing physical agility, rhythm and spatial awareness.

**\*HOMESCHOOL GYM: (AGES 4-14)** The Y's Homeschool P.E. program focuses on developing health habits, making new friends and enjoying new forms of exercise and games!

**\*JR STRENGTH: (AGES 9-14)** This program is 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. Play 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 to help you gain strength, balance, and flexibility.

**PUMPED UP:** This strength class uses dumbbells, bands, and more to improve strength, balance and core stability.

**SWIMNASTICS:** A high-energy class promoting flexibility, improved circulation, 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!

**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 STEP:** Take Zumba to the step bench! This class combines Zumba moves/rhythms onto the step bench for a fun workout.