



FOR YOUTH DEVELOPMENT[®]
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

KIDS CORNER HOURS:
Monday-Thursday: 5pm-7:30pm
 Ages 6mo – 7yrs

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

HEALTHY LIFESTYLES START HERE

Galowich Fitness Schedule • April 21 – May 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Zumba 7-7:45 a.m. Heather-STUDIO			Triple Threat 6-6:45 a.m. Alissa - STUDIO	
Swimnastics 8-8:45 a.m. Amy - POOL	Aqua Aerobics 8-8:45am Caren – POOL	Swimnastics 8-8:45 a.m. Amy - POOL	HardCore 8:30-9:00am Alissa - STUDIO		
Bootcamp 9-9:45 a.m. Alissa - GYM	POUND 9- 9:45 a.m. Michele - STUDIO	Bootcamp 9-9:45 a.m. Tracy - GYM	Zumba Step 9:15-10 a.m. Greta-STUDIO	Aqua Bootcamp 9-945 a.m. Alissa - POOL	
Line Dancing 10-11 a.m. Avis - Gym		Line Dancing 10-11 a.m. Avis - GYM	Homeschool Gym 10-10:45 a.m. Alissa - GYM	Strength and Tone 10-10:45 a.m. Avis-STUDIO	Saturday Class Rotation 8:30-9:15 a.m. Please see APP for class listing
	Pickleball 10:15 -11:45 a.m. GYM	Chair Body Works 10:15-11 a.m. Jennifer - Studio	Power Flow 10:15-11 a.m. Greta-STUDIO	Pickleball 10:15 -11:45 a.m. GYM	Pickleball 9 -10:30 a.m. GYM
Fast Twitch Fitness 5:00-5:45pm Payton - STUDIO	Jr Strength 5-5:45 p.m. Sabrina - STUDIO	Cardio Interval 5-5:45 p.m. Alissa-STUDIO			
*Creative Movement 6 – 6:45 p.m. Syrina - STUDIO	Line Dancing 5-6:00 p.m. Avis - Gym	HardCore 5:50-6:20 p.m. Sabrina - STUDIO	WERQ 5:45-6:30 p.m. JoJo - STUDIO		
Aqua Zumba 6:30-7:15 p.m. Greta - POOL	Pickleball 6-7:30 p.m. GYM		Circl Mobility 6:45-7:30 p.m. JoJo - STUDIO		
Circl Mobility 7-7:45 p.m. JoJo - STUDIO	Kickboxing 6:30-7:15 p.m. Greta - 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 pool party!

AQUA AEROBICS: An invigorating water workout that is a mid-intensity level class for all skill and fitness levels.

AQUA BOOTCAMP: A challenging water workout with focus on agility, cardiovascular and muscular endurance.

BOOTCAMP: A mix of strength and cardio drills, using circuits and intervals.

CARDIO INTERVAL: This class incorporates intervals of cardio endurance and muscle conditioning. Great for all levels!

CIRCL MOBILITY: Concentrate 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 using a chair, light weights and bands.

***CREATIVE MOVEMENT & DANCE: (AGES 7-12)** A joyful way for children to explore movement through music while increasing physical agility, rhythm and spatial awareness.

***FAST TWITCH FITNESS: (9-14)** A performance group training program for youth that focuses on sprint mechanics, proper force production and absorption, change of direction, core conditioning, and balance.

***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!

HARDCORE: A core focused workout working all angles of the core- flexibility, strengthening, and conditioning.

***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!

KICKBOXING: A high-intensity class that uses punches, jabs, and kicks to get your heart rate up and calories burning!

LINE DANCING: Join us as we move rhythmically to energizing music, increase your stamina, improve balance and meet new friends, while having fun! No dance experience needed, just the desire to move and have fun.

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.

STRENGTH AND TONE: This class is a full body workout designed to target all major muscle groups. Learn proper form, build lean muscle, improve bone density and boost your metabolism with seated and standing options available.

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.

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.