



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 • July 7 – August 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Zumba 7-7:45 a.m. Heather-STUDIO			Triple Threat 6-6:45 a.m. Alissa - OUTSIDE	
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	Zumba 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. Sabrina - GYM	Zumba Step 9:15-10 a.m. Greta-STUDIO	Gentle Yoga 9-9:45 Robbi-STUDIO	
Chair Body Works 9:15-10 a.m. Janet - STUDIO	Yoga 10-10:45 Robbi-STUDIO	Line Dancing 10-11 a.m. Avis - GYM	Power Flow 10:15-11 a.m. Greta-STUDIO	Aqua Bootcamp 9-9:45 a.m. Alissa - POOL	Saturday Class Rotation <b>8:30-9:15 a.m.</b> Please see APP
Line Dancing 10-11 a.m. Avis - Gym	Pickleball 10:15 -11:45 a.m. GYM	Chair Body Works 10:15-11 a.m. Jennifer - STUDIO		Strength and Tone 10-10:45 a.m. Avis-STUDIO	Pickleball 9-10:30 a.m. GYM
<b>Fast Twitch Fitness</b> 5-5:45 p.m. Payton - OUTSIDE	<b>Jr Strength</b> 5-5:45 p.m. Sabrina – STUDIO		<b>Jr Strength</b> 5-5:45 p.m. Sabrina - STUDIO	Pickleball 10:15 -11:45 a.m. GYM	
<b>Dance Workshops</b> 6– 6:45 p.m. Syrina - STUDIO	Line Dancing 5-6:00 p.m. Avis - Gym	Cardio Interval 5-5:45 p.m. Alissa -OUTSIDE	Bootcamp 6-6:45pm Sabrina – OUTSIDE		
Y Running Club 6-6:45 p.m. Payton – TRACK	Pickleball 6-7:30 p.m. GYM	Hardcore 5:50-6:20 p.m. Sabrina - STUDIO			
Aqua Zumba 6:30-7:15 p.m. Greta - POOL	Kickboxing 6:30-7:15 p.m. Greta - STUDIO	YOGA 6:30-7:15p.m. Robbi-STUDIO			
HathaYOGA 7-7:45p.m. Andrea-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!

**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.

**CHAIR BODY WORKS:** This class is designed for those looking to gain strength and stability using a chair, light weights and bands.

**\*DANCE WORKSHOPS: (AGES 7-12)** A joyful way for children to explore movement through music while increasing physical agility, rhythm and spatial awareness. **Intro to Hip Hop: 6/2, Intro to Jazz 7/4, Intro to Creative Movement 8/4**

**\*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.

**GENTLE YOGA:** Gentle yoga can improve mobility, promote mindfulness, and reduce stress. Ideal for beginners.

**HATHA YOGA:** Focus on breathwork, postures, relaxation and meditation. Postures are held for an extended period to ensure proper alignment, and build strength and flexibility.

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

**\*JR STRENGTH: (AGES 9-14)** Designed to teach children the basics of resistance training, proper form, and 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.

**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.

**\*Y RUNNING CLUB:** This class is perfect for individuals looking to ease into a 5K training plan. During this class, participants will work towards running a 5K or 3.1 miles and improving their overall running pace.

**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.