FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule

November 2 – December 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 5:15-6:05am Tifanie - FS		Group Power® 5:15-6:15am Sarah - FS	Core & Cardio 5:15-6:05am Sarah – FS	Boot Camp 5:15-6:05am Tifanie - Gym	
Triple Threat 7:00-7:45am Maureen - FS	Pilates 7:00-7:45am Linette - FS	Stretching & Mobility 7:00-7:45am Maureen - FS	Pilates 7:00-7:45am Linette - FS	Pumped Up 7:00-7:45am Kaylin Korte - FS	Yoga Rotation 7:10-8:00am Rotating - FS
Senior Fitness 7:30-8:15am Pam - CR-B		Senior Fitness 7:45-8:30am Pam - CR-B			
Barre 8:00-8:50am Stacey - FS	Gentle Yoga 8:00-8:50am Linette - FS	Pilates 8:00-8:45am Christy - FS	Gentle Yoga 8:00-8:50am Sue - FS	Vinyasa Yoga 8:00-8:50am Donna - FS	Water Fitness 8:05-9:00am Rotating - Pool
Senior Fitness 8:30-9:15am Pam - CR-B		Group Cycle 8:00-8:45am Maureen - CY			Group Ex Rotation 8:15-9:05am Rotating - FS
Group Power® 9:05-10:05am Crystal - FS	Pound® 9:05-9:55am Crystal - FS	Senior Fitness 9:00-9:45am Pam - CR-B	Cardio Kickboxing 9:05-9:55am Shanon - FS	Aqua Barre 9:05-9:50am Erica - Pool	Group Cycle Rotation 9:15-10:00am Rotating - CY
Stretching & Mobility 10:15-10:45am Linette	Hatha Yoga 9:05-9:55am Sue - CR-B	Pumped Up 9:05-9:55am Jessika - FS	Vinyasa Yoga 9:05-9:55am Linette – CR-B	Step Aerobics 9:05-9:55am Shanon - FS	
		Water Fitness 9:15-10:00am Shanon - Pool			
Water Fitness 10:15-11:00am Erica - Pool	Senior Fitness 10:15-11:00am Lisa- CR-B	Water Fitness 10:15-11:00am Sharon - Pool	Senior Fitness 10:15-11:00am Lisa - CR-B	Senior Fitness 10:15-11:00am Rotating - CR-B	
Pedaling for Parkinson's™ 11:30-12:30pm Christy - CY	Deep Water Fitness 11:00-11:45am Rotation - Pool	Pedaling for Parkinson's™ 11:30-12:30pm Christy - CY	Water Fitness 11:15am-Noon Jane - Pool	Pedaling for Parkinson's™ 11:30-12:30pm Christy - CY	**SUNDAY**
Pedaling for Parkinson's™ 1:00-2:00pm Erin - CY	PWR! Moves® 1:00-1:50pm Becca - FS	Pedaling for Parkinson's™ 1:00-2:00pm Erin - CY	PWR! Moves® 1:00-1:50pm Katie - FS	Pedaling for Parkinson's™ 1:00-2:00pm Erin - CY	HIIT 8:15-9:05am Sarah – FS
	Senior Fitness 3:00-3:45pm Jane – FS	Prenatal Fitness 4:00-4:45pm Becca – CR-B	Senior Fitness 3:00-3:45pm Jane – FS		Sound Healing 9:30-10:15am Jacolynn – FS
Pumped Up 4:15-5:00pm Becca - FS	Hip Hop Fit 4:30-5:20pm Jes - FS	Pumped Up 4:15-5:00pm Erin - FS	Hip Hop Fit 4:30-5:20pm Jes - FS	Cardio Interval 4:15-5:00pm Christy - FS	
Core & Cardio 5:30-6:15pm Sarah - FS	Fitness Yoga 5:35-6:25pm Linette - FS	Cardio Interval 5:15-6:00pm Katie - FS	Group Power® 5:30-6:30pm Katie - FS		
Group Cycle 5:30-6:15pm Sheila - CY	Group Cycle 5:30-6:15pm Maureen - CY		Group Cycle 5:30-6:15pm Sheila - CY		
	Water Fitness 6:30-7:15pm Lisa - Pool	Group Cycle 6:00-6:45pm Christy - CY	Water Fitness 6:30-7:15pm Erica - Pool		
Hatha Yoga 6:00-6:50pm Andrea – CR-B		Hatha Yoga 6:15-7:05pm Sheila - FS	**Women on Weights 6:30-7:15pm Samantha - SGT**	**Women on Weights 6:30-7:15pm Samantha - SGT**	
Hatha Yoga 6:30-7:20pm Sheri - FS			Pilates 6:45-7:30pm Christy - FS		

CY: Cycle Room CR-B: Community Room B FS: Fitness Studio SGT: Small Group Training, additional fee required

Kids Corner Hours: Monday – Friday 8:45am-Noon, Monday – Thursday 4:00-7:30pm , Saturday - Sunday 8:00am-Noon. Ages 6 months – 7 years old
Activity Center Hours: Monday – Thursday 4:00-7:30pm, Saturday 8:00am-Noon. Ages 7 years and up

Please be aware that flashing lights may be used in group fitness classes, which could trigger seizures in individuals with photosensitive epilepsy. If you have any concerns about flashing lights, please let your instructor know before class, and we will avoid using them.

MORRIS HOSPITAL YMCA
2200 West Dupont Avenue | Morris, IL 60450
(815) 513-8080 | www.jolietymca.org

CARDIO/STRENGTH ATHLETIC CLASSES: Easy-to-follow, intermediate to advanced classes with minimal choreography.
Barre: A ballet-inspired workout that incorporates a blend of fitness-focused exercises. This class is designed to build muscular endurance, improve dynamic balance, increase flexibility, and strengthen the core.
Boot Camp: A challenging, high-energy workout that may include activities such as running, plyometrics, cardio and strength drills, or even obstacle-style exercises. Every session is adaptable, with modifications offered for all movements, making this class suitable for all fitness levels.
Cardio Interval: You'll alternate between cardio intervals and strength moves to maximize results, increase cardiovascular fitness, and boost calorie burning.
Cardio Kickboxing: A high-energy, total-body workout that blends cardio, boxing, and martial arts techniques. Using punches, jabs, and kicks, this class boosts strength, aerobic fitness, speed, coordination, and balance while keeping your heart rate up and calories burning. Suitable for most fitness levels, with modifications available.
Group Active®: This is a total-body fitness experience that combines cardio, strength, mobility and balance training in one effective session. Whether you're just getting started or restarting your routine, this workout helps you move better, feel stronger and live healthier.
Group Cycling: Our Group Cycling classes combine hills, climbs, speed-play, and jumps, all set to motivating music to maximize your cardio output. Perfect for all fitness levels, these classes challenge your endurance, strength, and speed while keeping every ride fun and energizing
HIIT: High-Intensity Interval Training (HIIT) combines short, intense bursts of cardio and/or strength exercises with brief recovery periods, maximizing calorie burn, endurance, and overall fitness.
Triple Threat: A high-energy, full-body workout combining cardio, strength, and core exercises. This dynamic class keeps your body challenged with a variety of movements to maximize calorie burn and keep things exciting.

STRENGTH TRAINING CLASSES Easy-to-follow classes built on traditional strength-training principles, suitable for all fitness levels.
Core & Cardio: This class builds cardiovascular endurance while strengthening the core muscles, including the abs, obliques, and back. Expect a mix of strength-training exercises using weights, resistance bands, or bodyweight to effectively target the entire core.
Group Power®: Formerly known as Strength Train Together, this high energy, strength training workout helps you build lean muscle, improve mobility and boost confidence. Designed for all fitness levels, it combines traditional lifting with functional movement so you get stronger and feel better with every session.
Pumped Up: This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

CHOREOGRAPHED CARDIO CLASSES:
Hip Hop Fit: Hip Hop Fit is a dance fitness class designed to get you moving to the hottest music and moves. Be prepared to sweat and get fit the fun way! All levels of fitness welcome!
POUND®: Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.
SHiNE Dance Fitness™: SHiNE™ is a dance fitness workout combining current hit music and choreography to help you feel confident and strong. This exercise class combines jazz, ballet, Latin, and hip hop moves. It empowers participants at all fitness levels to feel successful.
Step Aerobics: Designed for anyone ready to move, sweat and have fun, this step aerobics class will challenge you and get you feeling better than ever. All fitness levels welcome!

MIND BODY FITNESS CLASSES:
Fitness Yoga: Combines aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance, and balance.
Gentle Yoga: A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced yogis who enjoy a gentler class.
Hatha Yoga: Build strength, flexibility, and mental clarity through mindful breathwork, sustained postures, and meditation. This class promotes relaxation, proper alignment, and overall wellbeing.
Pilates: A multi-level fitness class that strengthens and stretches the entire body, promoting balance, flexibility, and core strength. Expect improved posture, coordination, and stress relief, along with longer, leaner muscles. Not recommended for those with osteoporosis.
Sound Healing: Embark on a relaxing and meditative experience that will leave you feeling refreshed, recharged, and deeply connected. Participants will be guided through a short stretch, followed by unique, soothing sound vibrations to calm the mind and body, leading to a sense of tranquility and balance. Sound healing, also known as sound baths, have been shown to reduce stress, improve sleep, and enhance overall wellbeing.
Stretching & Mobility: Reset with this guided stretch class. Your muscles will thank you.
Vinyasa Yoga: Vinyasa Yoga links postures together through mindful breath, creating a flowing sequence that strengthens the body, increases flexibility, and promotes circulation. Challenging enough for advanced students, with modifications offered to welcome beginners and those seeking a rewarding workout.

COMMUNITY CLASSES: These classes are free to the community.
Pedaling for Parkinson's™: While cycling is not a cure for Parkinson's disease, there is compelling evidence to show that it does make a real difference for many who try it. Classes are designed to empower participants by helping to delay the progression of symptoms. Please contact Ro Petersen for details and registration.
Prenatal Fitness: This class is for any expecting mom that is looking for safe exercise for you and your growing baby, with an intentional focus on strength, aiding the function of the pelvic floor, and having a solid aerobic foundation. Led by a Certified Pre and Post Natal Exercise Coach.
PWR! Moves®: This Parkinson-specific group exercise class is designed to target skills known to deteriorate in people with Parkinson's disease which often leads to mobility and function; the exercises are designed to teach people how to use high effort, large amplitude movements and complete muscle activation. Please contact Ro Petersen for details and registration.
Senior Fitness: A service of Morris Hospital & Healthcare Centers. These classes are designed to provide low impact aerobic training for participants 55 and older, incorporates strength training for an overall workout.

SMALL GROUP TRAINING (FEE-BASED): These classes are an additional fee and registered as a 5-week session. Payment is due at time of registration. For more details and pricing, contact Ro Petersen, Health & Wellness Director, at rpetersen@jolietymca.org.
Women on Weights: In this small group setting you will burn more calories, learn safe strength training exercises and get a great workout. You will do a variety of exercises focusing on major muscle groups for a different type of workout, using free weights, battle ropes, indoor tire and more! Your trainer will be able to give you modifications and form corrections, helping you get the most out of your workout.

Classes are free for Facility Members age 16 and older. Space is limited. To reserve a space in class, please use the YMCA On the Go App.
Teens between 13-15 years old who are Teen Certified may participate in classes that do not use free weights.
For the safety of all members, please do not enter classes already in progress.