FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Classes

THANKSGIVING WEEK

November 23- 29, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Master's Swim 6-7am Pool - Jenny	Group Cycling 6-6:45am CY - Marlene	Master's Swim 6-7am Pool - Jenny		Group Cycling 6-6:45am CY - Marlene	Water Fitness 7:30-8:15am Pool - ROTATION
Water Fitness 8-8:45am Pool - Amy	Zumba® 7-7:45am Studio - Heather	Water Fitness 8-8:45am Pool - Amy		Aqua Bootcamp 8-8:45am Pool - Cheryl	
Cardio Interval 9-9:45am Studio - Alissa	Y Ruckers 8-8:45am Outside - Rosy	Cycle & Sculpt 9-9:45am CY - Dottie		Chair Body Works 9:15-10am JGC - Laura	WERQ® 9-9:45am Studio -JoJo/Melissa
Chair Body Works 9:15-10am JGC - Laura	Stretch and Mobility 9-9:30am JGC - Alissa	Strength & Tone 9-9:45am Studio - Alissa	THANKGIVING	Gentle Yoga 10:05-10:50am MPR - Linette	Group Cycle 9-9:45am CY - Tanya
Strength & Tone 10:15-11am Studio - Jennifer	Gentle Joints 9-9:45am Pool - Caren	Chair Body Works 9:15-10am JGC -Avis		Butts & Guts 10:15-11am Studio - Jennifer	Strength & Tone 10-10:45am Studio - Tanya
Line Dancing 10:15-11:15am MPR - Avis	POUND® 9-9:45am Studio - Michele	Pilates 10-10:45am MPR - Dottie			
	Zumba® 10-10:45am Studio - Ligia	Line Dancing 10:15-11:15am Studio - Avis			
Butts & Guts 4:45pm-5:30pm Studio - Erin	Low Impact Cardio Strength 10:15-11am JGC - Jennifer				
Yoga 6-6:45pm MPR - Angie				Master's Swim 7:30-8:30pm Pool - Jenny	**SUNDAY**
Group Cycle 6-6:45pm CY - Andrea	Strength & Tone 5:05-5:50pm Studio - Dottie				Group Power® 9-9:45am Studio - JoJo
Zumba® 6-6:45pm Studio - Greta	Hard Core 6-630pm Studio - Dottie	Cycle & Sculpt 6-6:45pm CY - Andrea			Yoga 10-10:45am MPR - Amy
Group Active® 6:55-7:55pm Studio - JoJo	Cycle & Sculpt 6-6:45pm CY - George	Stretch and Tone 6-6:45pm Studio - Erin			
Pilates 7-7:45pm MPR - Dottie	AMPD Burn 6:35-7:20pm Studio - Greta	Yoga 7-7:45pm MPR - Amy			
Water Fitness 7:15-8pm Pool - Tara	Yoga 7-7:45pm MPR - Tara	Zumba® 7-7:45pm Studio - Ligia			

VILLAGE OF SHOREWOOD YMCA
1801 W. Jefferson Street | Shorewood, Illinois 60404
(815) 763-5900 | www.jolietymca.org

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Classes are free for Facility Members age 16. Teens between 13-15 who are Teen Certified can participate in classes with no weights*. Space is limited. To reserve a space in class, please use the YMCA On the Go App. For the safety of all members, please do not enter classes already in progress. Members who are not in class by the start will forfeit their reservation.

CARDIO/STRENGTH ATHLETIC CLASSES: *Easy-to-follow, intermediate to advanced classes with minimal choreography.*
AMPD Burn: AMPD Burn is a barre-inspired fitness class that combines elements of strength training, high repetitions of small movements, and choreographed to music. It uses equipment like light kettlebells and resistance bands to create a full-body workout that focuses on building strength and flexibility.
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.
Group Active®: This is a total-body fitness experience that combines cardio, strength, mobility and balance training in one effective session.
Group Power®: 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.
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.
Cycle & Sculpt: A hybrid workout that combines cycling with intervals of targeted strength training for a balanced, full-body session.
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.
Y Ruckers: A fitness community focused on walking with a weighted backpack to improve strength, cardiovascular health, and camaraderie. Please bring your own rucking vest.

STRENGTH TRAINING CLASSES: *Easy-to-follow classes built on traditional strength-training principles, suitable for all levels.*
Butts & Guts: A focused core workout that strengthens the abs, obliques, back, hips, and glutes to improve stability, posture, and balance. Using weights, resistance bands, or bodyweight, you'll perform a mix of classic and new movements for a well-rounded core challenge.
Chair Body Works: This class is designed for those looking to gain strength and stability using a chair, light weights, and bands.
Hard Core: A dynamic, core-focused workout that targets every angle of your midsection, building strength, improving flexibility, and overall conditioning.
Strength and Tone: This full-body workout is 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.

CHOREOGRAPHED CARDIO/STRENGTH CLASSES
Line Dancing: Move to energizing music, boost your stamina, improve balance, and make new friends—all while having fun! No dance experience is needed, just the desire to get moving and enjoy yourself.
Low Impact Cardio & Strength: A full-body workout combining cardio, strength, balance, and stretching. Designed to be safe and adaptable, it's perfect for individuals with limitations as well as active adults, providing a challenging, effective, and fun workout for everyone!
POUND®: Channel your inner rockstar with this full-body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums.
Step & Sculpt: A full-body workout combining choreographed step aerobics, core exercises, strength training, and stretching. Suitable for all fitness levels.
WERQ®: WERQ is a wildly addictive cardio dance workout based on trending pop and hip-hop music.
Zumba®: Zumba® takes the work out of workout by mixing low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness party.
Zumba® Step: This class combines toning and strengthening power of Step aerobics with the fun fitness-party that Zumba® brings to your workout.

MIND BODY FITNESS CLASSES
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.
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.
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.
Yoga: This class focuses on foundational yoga postures, breathwork, and simple flows. Designed to improve flexibility, balance, and body awareness, it offers a steady, mindful practice suitable for anyone looking to build strength and deepen their connection to movement and breath.

AQUATIC FITNESS CLASSES:
Aqua Bootcamp: A challenging water workout with focus on agility, cardiovascular and muscular endurance.
Gentle Joints: A slower-paced aquafit class, focusing on strength and conditioning with an emphasis on joint health and support.
Water Fitness: An invigorating water workout that is a mid-intensity level class for all skill and fitness levels.