



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 • July 8 – August 11

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	Zumba 8:30-9:15am. Janet STUDIO
Bootcamp 9:15-10 a.m. Janet STUDIO/GYM	POUND 9- 9:45 a.m. Michele STUDIO	Bootcamp 9:15-10 a.m. Janet STUDIO/GYM	Zumba Step 9:15-10 a.m. Greta STUDIO	Pumped Up 9- 9:45 a.m. Michele STUDIO	
Kickboxing 10:15-11 a.m. Janet STUDIO/GYM	Yoga 10-10:45 a.m. Alene STUDIO	Zumba 10:15-11 a.m. Janet STUDIO/GYM	Power Flow 10:15-11 a.m. Greta STUDIO	Aqua Bootcamp 9-9:45 a.m. Alissa POOL	
				Pickleball 10:15 -11:45 a.m. GYM	
*Dance Workshop 7/8, 8/5 (Ages 4-6) 4:45-5:45 p.m. Syrina STUDIO	*FAST (Ages 9-14) 5-5:45 p.m. Alissa OUTSIDE	Cardio Interval 5-5:45 p.m. Alissa STUDIO			
*Dance Workshop 7/8, 8/5 (Ages 7-9) 6- 7 p.m. Syrina STUDIO	Pickleball 6:15-7:30 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 Alene 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 • (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 4-9)**

INTRO TO JAZZ WORKSHOP: JULY 8 / CREATIVE MOVEMENT AND DANCE WORKSHOP: AUGUST 5

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

***FUNCTIONAL AGILITY STRENGTH TRAINING (F.A.S.T.)** This 5-week circuit-based class will help youth increase strength, agility, knowledge of core stability, improved flexibility, help with injury prevention, and cross training exercises.

KICKBOXING: This class uses controlled movement punches and power kicks with fun music to enhance the power.

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.