



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 • November 25 – 30

THANKSGIVING WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swimnastics 8-8:45 a.m. Amy - POOL		Swimnastics 8-8:45 a.m. Amy - POOL			Bootcamp 8:30-9:15 a.m. Melissa - STUDIO
Bootcamp 9-9:45 a.m. Alissa - GYM	POUND 9-9:45 a.m. Michele - STUDIO		Thanksgiving Day YMCA Closed		
Y Walking Club 10-10:45 a.m. Alissa – Outdoors/Gym					
				Pickleball 10:15 -11:45 a.m. GYM	
		Cardio Interval 5-5:45 p.m. Alissa-STUDIO			
	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	AMPD BURN (Barre) 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

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!

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.

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!

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

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

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!

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.

Y Walking Club: Come join us for a walk and meet new friends! Weather permitting, the group will meet on the outdoor track. If rain, we will walk in the gym.