



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**KIDS CORNER HOURS:**  
**Monday-Thursday:** 5pm-7:30pm  
**Saturday's:** 8:15am-10:15am  
Ages 6mo – 9yrs

**INNOVATION CENTER HOURS:**  
**Tuesday-Thursday:** 5pm-7:30pm  
Ages 10-17

# HEALTHY LIFESTYLES START HERE

## Galowich Fitness Schedule • December 16 – 21

### Holiday Week 1

MONDAY 12/16	TUESDAY 12/17	WEDNESDAY 12/18	THURSDAY 12/19	FRIDAY 12/20	SATURDAY 12/21
				Triple Threat 6-6:45 a.m. Alissa - STUDIO	
Swimnastics 8-8:45 a.m. Amy - POOL		Swimnastics 8-8:45 a.m. Amy - POOL	Butts & Guts 8:15-9:00am Alissa - STUDIO		
Bootcamp 9-9:45 a.m. Alissa - GYM		Bootcamp 9-9:45 a.m. Alissa - GYM	Zumba Step 9:15-10 a.m. Greta -STUDIO	Pumped Up 9- 9:45 a.m. Michele - STUDIO	
Y Walking Club 10am-10:45 Alissa – GYM				Aqua Bootcamp 9-9:45 a.m. Alissa - POOL	WERQ 8:30-9:15 a.m. JoJo - STUDIO
	Pickleball 10:15 -11:45 a.m. GYM		Power Flow 10:15-11 a.m. Greta -STUDIO	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	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		Circl Mobility 6:45-7:30 p.m. JoJo - STUDIO		
Hatha Yoga 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

**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.

**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.

**TRIPLE THREAT:** Cardio, strength and ab exercises are the name of the game in this class.

**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!

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

**YOGA:** Class begins with breath and warm up, then poses followed by stretching and relaxation.

**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.