



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 23 - 28

Holiday Week 2

MONDAY 12/23	TUESDAY 12/24	WEDNESDAY 12/25	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28
Swimnastics 8-8:45 a.m. Amy - POOL					
Bootcamp 9-9:45 a.m. Alissa - GYM	POUND 9-9:45 a.m. Michele - STUDIO	HOLIDAY YMCA CLOSED	Zumba Step 9:15-10 a.m. Greta-STUDIO	Pumped Up 9-9:45 a.m. Michele - STUDIO	
				Deep Water Fitness 9-9:45 a.m. Amy - POOL	WERQ 8:30-9:15 a.m. JoJo - STUDIO
	Pickleball 10:15-11:30 a.m. GYM		Power Flow 10:15-11 a.m. Greta-STUDIO	Pickleball 10:15-11:45 a.m. GYM	
			WERQ 5:45-6:30 p.m. JoJo - STUDIO		
Aqua Zumba 6:30-7:15 p.m. Greta - POOL			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.

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.

DEEP WATER FITNESS: A strong cardiovascular workout that tones and firms without impact on the joints held in deep water.

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!

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.

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!

ZUMBA STEP: Take Zumba to the step bench! This class combines Zumba moves/rhythms onto the step bench for a fun workout.