



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 30 – January 4

Holiday Week 3

| MONDAY 12/30 | TUESDAY 12/31 | WEDNESDAY 1/1 | THURSDAY 1/2 | FRIDAY 1/3 | SATURDAY 1/4 |
|--|---|---|---|---|-----------------|
| | | | | Triple Threat 6-6:45 a.m. Alissa - STUDIO | |
| Swimnastics 8-8:45 a.m. Amy - POOL | | | Butts & Guts 8:15-9:00am Sabrina - STUDIO | | |
| Bootcamp 9-9:45 a.m. Sabrina – 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 | |
| | |  | | Aqua Bootcamp 9-9:45 a.m. Alissa - POOL | |
| | 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.

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.

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.

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.

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.