



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule

December 16 – February 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 5:15-6:05am Tifanie - FS	Group Cycle 5:15-6:00am Beth - CY	Strength Train Together 5:15-6:05am Sarah - FS	Hatha Flow Yoga 5:15-6:05am Andrea - FS	Boot Camp 5:15-6:05am Tifanie - Gym	
	Pilates 7-7:45am Linette - FS		Pilates 7-7:45am Linette - FS	Wall Pilates 7-7:45am Linette - FS	
Senior Fitness 7:30-8:15am Pam - CR-B		Senior Fitness 7:45-8:30am Pam - CR-B			Yoga Rotation 7:15-8:00am Rotating - FS
Barre 8:00-8:50am Stacey - FS	Gentle Yoga 8:00-8:50am Linette - FS	Pilates 8:00-8:45am Christy - FS	Gentle Yoga 8:00-8:50am Sue - FS	Vinyasa Yoga 8:00-8:50am Donna - FS	Water Fitness 8:05-9:00am Gloria - Pool
Senior Fitness 8:30-9:15am Pam - CR-B		Senior Fitness 9-9:45am Pam - CR-B			Strength Rotation 8:15-9:05am Rotating - FS
		Cardio Crush 9:00-9:45am Katie - SGT		Water Fitness 9:05-9:50am Denise - Pool	Group Cycle Rotation 9:15-10am Rotating - CY
Cardio Kickboxing 9:05-9:55am Shanon - FS	Strength Train Together 9:05-10:05am Crystal - FS	STRONG Nation® 9:05-9:55am Jessika - FS	Pound® 9:05-9:55am Crystal - FS	Step & Sculpt 9:05-9:55am Shanon - FS	SHINE Dance Fitness 9:20-10:05am Dina - FS
	HIIT 10:15-11am Katie - FS	Strength Train Together 10:05-11:05am Katie - FS	STRONG Nation® 10:05-10:55am Crystal - FS		
Water Fitness 10:15-11:00am Erica - Pool	Senior Fitness 10:15-11:00am Lisa - CR-B	Water Fitness 10:15-11:00am Shanon - Pool	Senior Fitness 10:15-11:00am Lisa - CR-B		
	Senior Fitness 3:00-3:45pm Jane - CR-B		Senior Fitness 3:00-3:45pm Jane - CR-B	Senior Chair Yoga 10:15-11am Kerri - CR-B	
Pedaling for Parkinson's 1:00-2:00pm Erin - CY		Pedaling for Parkinson's 1:00-2:00pm Erin - CY		Pedaling for Parkinson's 1:00-2:00pm Erin - CY	
Pumped Up 4:15-5:00pm Becca - FS	Hip Hop Fit 4:30-5:20pm Jes - FS	Pumped Up 4:15-5:00pm Becca - FS	Hip Hop Fit 4:30-5:20pm Jes - FS	Cardio Interval 4:15-5:00pm Becca - FS	
	Full Body Blast 4:30-5:15pm Jessika - SGT		Rowed Rage 4:30-5:15pm Christy - SGT		
Power Core 5:30-6:15pm Sarah - FS	Fitness Yoga 5:30-6:20pm Linette - FS	Cardio Interval 5:15-6:00pm Katie - FS	Strength Train Together 5:30-6:30pm Katie - FS		
Group Cycle 5:30-6:15pm Sheila - CY			Group Cycle 5:30-6:15pm Sheila - CY		
Rowed Rage 6:30-7:15pm Christy - SGT	Water Fitness 6:15-7:00pm Lisa - Pool	Hatha Yoga 6:15-7:05pm Sheila - FS			
Hatha Yoga 6:45-7:30pm Sheri - FS	Barre Hop 6:45-7:30pm Stacey - FS		Pilates 6:45-7:30pm Christy - FS		

Classes are free for Facility Members age 16 and older. Senior Fitness classes (light gray) are free for the community. Small Group Training classes (dark gray) are fee-based classes, see class descriptions for more information. Space is limited. To reserve a space in class, please use the YMCA On the Go App (Water Fitness included). For the safety of all members, please do not enter classes already in progress.

Kids Corner Hours:

Monday – Friday 8:45am-Noon
Saturday 8:00am-Noon
Monday – Thursday 4:00-7:30pm
Ages 6 months – 7 years old

Activity Center Hours:

Saturday 8:00am-Noon
Monday – Thursday 4:00-7:30pm
Ages 7 years and up

MORRIS HOSPITAL YMCA

2200 W. Dupont Avenue | Morris, IL 60450
(815) 513-8080 | www.jolietymca.org



CARDIO/STRENGTH ATHLETIC CLASSES: Limited to no choreography, easy to follow classes that range from int. to adv. intensity.

Barre: A ballet inspired class that does include more fitness-type exercises. This class is designed to develop muscular endurance, dynamic balance, flexibility, and of course core strength.

Barre Hop: Barre Hop fuses the strength and balance exercises of barre, and the endurance and fun of a Hip Hop Fitness class that will tone and condition your entire body. This hybrid workout will increase your flexibility and get your heart pumping! All fitness levels are welcome!

Boot Camp: For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.

Cardio Interval: You'll alternate between cardio intervals and strength moves to achieve the maximum results, increased cardiovascular fitness and calorie burning.

Cardio Kickboxing: High intensity cardio class using boxing technique to make it fun and challenging. Int/Adv. Can be modified.

Group Cycle: A variation of rides including hills, climbs, speed-play, and jumps set to music to increase your cardio output. Some classes may resemble road rides and use virtual guided scenery.

HIIT: High Intensity Interval Training is a training format that consists of quick intense bursts of cardiovascular and/or strength exercises followed by short recovery periods.

STRENGTH TRAINING CLASSES: Easy to follow classes that follow traditional strength training principles for all fitness levels.

Strength Train Together™: This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.

Power Core: Power Core is a fitness class that focuses on building strength, stability, and endurance in the core muscles, including the abs, obliques, and back. The class also targets the hips and glutes, as strong hips and glutes are essential for maintaining good posture, balance and overall core stability.

Pumped Up: This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

CHOREOGRAPHED CARDIO CLASSES:

Hip Hop Fit: Hip Hop Fit is a dance fitness class designed to get you moving to the hottest music and moves. Be prepared to sweat and get fit the fun way! All levels of fitness welcome!

Pound@: Channel your inner Rockstar with Pound, a full-body cardio jam session of a workout inspired by drumming. Using Ripstix@-weighted drumsticks engineered for exercise—you'll burn calories and tone while rocking out to your favorite music!

SHiNE Dance Fitness™: SHiNE™ is a dance fitness workout combining current hit music and choreography to help you feel confident and strong. This exercise class combines jazz, ballet, Latin, and hip hop moves. It empowers participants at all fitness levels to feel successful.

Step & Sculpt: This is a step aerobics class with some choreography that also includes core work, strength training and stretching. Any level.

STRONG Nation@: Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level. Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.

MIND BODY FITNESS CLASSES:

Gentle Yoga: A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced who enjoy a gentler class.

Fitness Yoga: Combines aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance, and balance.

Hatha Flow Yoga: Hatha Flow Yoga links the postures practiced in a regular Hatha class into a sequence of postures and movements that flow with the breath. A Hatha flow class will utilize longer-timed standing, balancing, and seated poses with a focused breathing pattern, all helping to build strength, endurance, and focus.

Hatha Yoga: Hatha Yoga is defined as movement that develops strength, flexibility, bodily relaxation, and mental concentration. Class will provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles. Mindfulness, and the observing of breath and body are integral parts of all hatha yoga.

Pilates: Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Vinyasa Yoga: Vinyasa Yoga connects one posture to the next using the breath. This can be thought of as linking or flowing into postures which is sometimes why it's called Flow Yoga. Intense enough for advanced students and a variety of modifications offered to welcome new students.

COMMUNITY CLASSES: These classes are free to the community.

Senior Fitness: A service of Morris Hospital & Healthcare Centers. These classes are designed to provide low impact aerobic training for participants 55 and older, incorporates strength training for an overall workout.

Senior Chair Yoga: A service of Morris Hospital & Healthcare Centers. This is a gentle class adapting yoga poses with a chair for participants 55 and older.

Pedaling for Parkinson's™: While cycling is not a cure for Parkinson's disease, there is compelling evidence to show that it does make a real difference for many who try it. Classes are designed to empower participants by optimizing their physical function, improving their gait, balance, speech, handwriting, and overall endurance, and helping to delay the progression of symptoms. Please contact Ro Petersen for details and registration.

SMALL GROUP TRAINING (FEE-BASED): These classes are registered as a 5-week session. Winter 1 Session will be from January 6 – February 2. Payment is due at time of registration. For more details and pricing, contact Ro Petersen, Health & Wellness Director, at rpetersen@olietymca.org.

Cardio Crush: Challenge your heart rate in this cardio-based class. Added strength and core training for even more fun! Strengthening your heart and burning fat has never been this rewarding!

Full Body Blast: Full Body Blast is designed to challenge and tone your entire body! This high-energy workout incorporates a variety of exercises that target all major muscle groups, enhancing strength, endurance, and mental toughness. In this motivating group environment you'll benefit from focused coaching and modifications to cater to all fitness types, plus a little friendly competition working alongside others striving to reach their personal fitness goals.

Rowed Rage: A 45-minute class that includes strength and cardio to make up a total body workout. This class uses timed intervals. We will be using rowing machines, dumbbells, battle ropes, kettlebells, and other fun equipment. It's all the rage!

Wall Pilates: Wall Pilates is a low-impact, full body exercise variation of traditional reformer Pilates that uses a wall and a mat to build strength, flexibility, balance and stability. The wall aids in learning proper technique, yet adds new challenges and workout variety compared to traditional mat Pilates routines. Come enjoy the benefits of a unique Pilates experience.