



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 – 7yrs*

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

# HEALTHY LIFESTYLES START HERE

## Galowich Fitness Schedule • February 3 – March 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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	HardCore 8:30-9:00am Alissa - STUDIO		
Bootcamp 9-9:45 a.m. Alissa - GYM	POUND 9- 9:45 a.m. Michele - STUDIO	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	
Walking Club 10-10:45 a.m. Alissa - GYM			<b>*Homeschool Gym</b> 10-10:45 a.m. Alissa - GYM	Aqua Bootcamp 9-9:45 a.m. Alissa - POOL	*Saturday Class Rotation <b>8:30-9:15 a.m.</b> Please see APP for class listing
	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	
<b>*Fast Twitch Fitness – DEMO's</b> 5:00-5:45pm Alissa - STUDIO	<b>*Jr Strength</b> 5-5:45 p.m. Sabrina - STUDIO	Cardio Interval 5-5:45 p.m. Alissa-STUDIO			
<b>*Creative Movement</b> 6 – 6:45 p.m. Syrina - 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	Yoga 6:30-7:15p.m. Katie-STUDIO	Cirdl Mobility 6:45-7:30 p.m. JoJo - STUDIO		
HathaYoga 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.

**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:** Cirdl 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.

### **\*CREATIVE MOVEMENT & DANCE WORKSHOPS: (AGES 7-12)**

A joyful way for children to explore movement through music while increasing physical agility, rhythm and spatial awareness.

**\*FAST TWITCH FITNESS: (9-14)** A performance group training program for youth that focuses on sprint mechanics, proper force absorption and force production and change of direction, core conditioning and balance that applies in all athletics.

**\*HOMESCHOOL GYM: (AGES 4-14)** The Y's Homeschool P.E. program focuses on developing health habits, making new friends and enjoying new forms of exercise and games!

**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.

**\*JR STRENGTH: (AGES 9-14)** This program is designed to teach children the basics of exercise with resistance training equipment in a group setting. They will learn how to safely use the equipment, use proper form, and follow a workout plan!

**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.