

KANKAKEE AREA YMCA GROUP FITNESS CLASSES

MORNING SCHEDULE

Great Finishes Begin At The Y! 

Start times	MON	TUE	WED	THU	FRI	SAT	SUN	STUDIO LOCATIONS A Aerobics C Cycling Q Queenax
AM								
5:15	Early Bird Cycling Mike 5:15 C	Queenax Circuit Mike 5:15 Q	Early Bird Cycling Mike 5:15 C	Queenax Circuit Mike 5:15 Q	Early Bird Cycling Mike 5:15 C			Edited on 01/03/2023 KT
8:30	Morning Yoga Chris 8:30 A	Morning Yoga Chris 8:30 A	Vinyasa Yoga Jen 8:30 A	Morning Yoga Chris 8:30 A	Morning Yoga Chris 8:30 A	T2 Step Emily 8:30 A		Yoga is a one-hour class
9:00					Queenax Tabata/Stretch Deisy 9:00 Q			All studios require an instructor to be present. Yoga is one hour.
9:45				Fit Mix Candice 9:45 A				Strength & Conditioning could move between the Aerobics & Queenax Studios
10:00	Fit Mix Candice 10:00 A		Tai Chi / Gentle Yoga Ruth 10:00 A		Tai Chi/ Gentle Yoga Ruth 10:00 A	Saturday Cycle Lindsay 9:30 C		Fit Mix is a one-hour class Studios require an instructor to be present.
								Classes are subject to change Last edited on 01/03/2023 KT

KANKAKEE AREA YMCA GROUP FITNESS CLASS **EVENING SCHEDULE**

Great Finishes Begin At The Y!



Start times	MON	TUE	WED	THU	FRI	SAT	SUN	STUDIO LOCATIONS A Aerobics C Cycling Q Queenax
PM								
5:30	T3 Cycle DeAnna 5:30 C	Beat Ride Emily 5:30 C Intro to Queenax Mike 5:30 Q	T3 Cycle DeAnna 5:30 C	Beat Ride Emily 5:30 C				Classes alternate between 2 studios M W
6:00					Hatha Yoga Joe (JOGA) 6:00 A			All studios require an instructor to be present. Yoga is one hour.
6:15	Cardio Kickboxing Joe 6:15 A		Cardio Kickboxing Joe 6:15 A					Instructor moves MW classes between the Aerobics & Queenax Studios
6:30			Evening Cycle Shaun 6:30 C					
6:45 - 7:00	Core Conditioning Joe 7:00 A *	HIIT Tina 6:45 A **	Core Conditioning Joe 7:00 A *	HIIT Tina 6:45 A **				*Core Conditioning = 30 min ** HIIT is a one-hour class.
								Last edited 01/03/2023 KT