



**Aerobics Studio Schedule**  
**Aerobics Studio @ Kankakee Area YMCA**  
 July 22nd - August 18th

1075 N. Kennedy Dr  
 KANKAKEE, IL 60901  
 (815) 933-1741

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		<b>Pilates</b> Dorene Mohler 6am - 6:45am		<b>Yogalates</b> Dorene Mohler 6am - 6:45am			
7am						<b>Cardio Kickbox</b> Courtney LaRoche 7:30am - 8am	
8am	<b>Yoga</b> Chris Burch 8:30am - 9:30am	<b>Fit Mix</b> Amelia Toronjo 8:30am - 9:30am	<b>Yoga</b> Chris Burch 8:30am - 9:30am	<b>Fit Mix</b> Amelia Toronjo 8:30am - 9:30am	<b>Yoga</b> Chris Burch 8:30am - 9:30am	<b>RIPPED</b> Courtney LaRoche 8am - 9am	
9am	<b>Step It Up!</b> Tom Beirne 9:35am - 10:20am		<b>Step It Up!</b> Tom Beirne 9:35am - 10:20am	<b>Vinyasa</b> Chris Burch 9:45am - 10:30am	<b>Step It Up!</b> Tom Beirne 9:35am - 10:20am	<b>Turbo Step</b> Tom Beirne 9am - 10am	
4pm		<b>Kickbox</b> Courtney LaRoche 4:45pm - 5:30pm					
5pm	<b>ZUMBA</b> Amelia Toronjo 5:30pm - 6:15pm		<b>Active Yoga Flow</b> Chris Burch 5pm - 6pm	<b>HIIT Kick</b> Courtney LaRoche 5pm - 5:30pm	<b>ZUMBA</b> Amelia Toronjo 5:30pm - 6:15pm		
				<b>RIPPED</b> Courtney LaRoche 5:30pm - 6:30pm			
6pm	<b>Cardio Kickbox</b> Joe Begley 6:15pm - 7pm		<b>Cardio Kickbox</b> Joe Begley 6:15pm - 7pm				
7pm	<b>Totally Ab Blast</b> Joe Begley 7pm - 7:30pm		<b>Totally Ab Blast</b> Joe Begley 7pm - 7:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.