



Group Exercise Schedule
Kankakee Area YMCA
August 2nd - August 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Early Bird Cycle Cycle Room Dave Wonder 5:30am - 6:15am	QUEENAX Circuit Queenax Room Merissa Burns-Gray 5:15am - 6am	Early Bird Cycle Cycle Room Dave Wonder 5:30am - 6:15am	QUEENAX Circuit Queenax Room Merissa Burns-Gray 5:15am - 6am	Early Bird Cycle Cycle Room Dave Wonder 5:30am - 6:15am		
6am		Pilates Aerobics Studio Dorene Mohler 6am - 6:45am		Yogalates Aerobics Studio Dorene Mohler 6am - 6:45am			
7am						Early Bird Cycle Cycle Room Tari Kapchinske 7:15am - 8am	
						Cardio Kickbox Aerobics Studio Courtney LaRoche 7:30am - 8am	
8am	Yoga Aerobics Studio Chris Burch 8:30am - 9:30am	Fit Mix Aerobics Studio Amelia Toronjo 8:30am - 9:30am	Yoga Aerobics Studio Chris Burch 8:30am - 9:30am	Fit Mix Aerobics Studio Amelia Toronjo 8:30am - 9:30am	QUEENAX Circuit Queenax Room Laura Zens 8am - 8:45am	RIPPED Aerobics Studio Courtney LaRoche 8am - 9am	
	QUEENAX Circuit Queenax Room Ashlie Coughlan 8:30am - 9:30am	Pedal On Cycle Room Emily VanKuren 8:45am - 9:30am	QUEENAX Circuit Queenax Room Mollie Grizzle 8:30am - 9:30am	Pedal On Cycle Room Emily VanKuren 8:45am - 9:30am	Yoga Aerobics Studio Chris Burch 8:30am - 9:30am		
	Power Pedal Cycle Room Emily VanKuren 8:45am - 9:30am				Rhythm Ride Cycle Room Emily VanKuren 8:45am - 9:30am		
9am	Step It Up! Aerobics Studio Tom Beirne 9:35am - 10:20am		Step It Up! Aerobics Studio Tom Beirne 9:35am - 10:20am	Vinyasa Aerobics Studio Chris Burch 9:45am - 10:30am	Step It Up! Aerobics Studio Tom Beirne 9:35am - 10:20am	Turbo Step Aerobics Studio Tom Beirne 9am - 10am	
10am						Turbo Cycle Cycle Room Tom Beirne 10:30am - 11:30am	

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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		Kickbox Aerobics Studio Courtney LaRoche 4:45pm - 5:30pm					
5pm	TRX Tabata Queenax Room Aemilia Gray 5pm - 5:30pm	Rip & Ride Cycle Room Tom Beirne 5:30pm - 6:30pm	TRX Tabata Queenax Room Aemilia Gray 5pm - 5:30pm	Kickbox Aerobics Studio Courtney LaRoche 5pm - 5:30pm	ZUMBA Aerobics Studio Amelia Toronjo 5:30pm - 6:15pm		
	Rev It Up Cycle Room Tom Beirne 5:30pm - 6:15pm		Active Yoga Flow Aerobics Studio Chris Burch 5pm - 6pm	Rip & Ride Cycle Room Tom Beirne 5:30pm - 6:30pm			
	ZUMBA Aerobics Studio Amelia Toronjo 5:30pm - 6:15pm		Rev It Up Cycle Room Tom Beirne 5:30pm - 6:15pm	RIPPED Aerobics Studio Courtney LaRoche 5:30pm - 6:30pm			
6pm	Cardio Kickbox Aerobics Studio Joe Begley 6:15pm - 7pm	QUEENAX Circuit Queenax Room Tina Begley 6:30pm - 7:30pm	Cardio Kickbox Aerobics Studio Joe Begley 6:15pm - 7pm	QUEENAX Circuit Queenax Room Tina Begley 6:30pm - 7:30pm			
7pm	Totally Ab Blast Aerobics Studio Joe Begley 7pm - 7:30pm		Totally Ab Blast Aerobics Studio Joe Begley 7pm - 7:30pm				

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