



KANKAKEE AREA YMCA GROUP FITNESS CLASS **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								
5:00	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 1/6/2022 CH
8:00						Destination Cycle \$ fee C 8:15-9:15 Shaun		1 x month at second Saturday with exceptions Jan's ride is 1/15 NEW YORK CITY theme Fee\$2.50 projected pictures, décor, snack
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
8:45		Queenax Tabata Deisy 8:45 Q	Queenax Balance / Stability Cyndi 8:45 Q		Queenax Tabata Deisy 8:45 Q			All studios require an instructor to be present before members may enter. The studios are also used for Personal Training, Sports, & School-Aged Youth
9:30			Pop Up Class 1 x by notice only 9:35 A			Country Dance Fusion Rachel 9:30 A *		Dance classes are now free! * Starts 1/22 New to Country Dance Fusion or need a review? Includes instructional portion got dance steps during the first 15 minutes of class. One hour class.
10:00	Fit Mix Candice 10:00 A	Stretch-Ability TBD 10:45 A	Tai Chi /Gentle Yoga Ruth 10:00 A	Fit Mix Candice 10:00 A	Tai Chi /Gentle Yoga Ruth 10:00 A			Fit Mix is a one hour class
								Classes subject to change



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								
5:00		KARATE YOUTH SPORT A	Evening Yoga Chris 5:00 A	KARATE YOUTH SPORT A				Yoga is a one hour class YOUTH SPORTS by registration Aerobics Studio in unavailable until 6:45
5:15	T3 Cycle DeAnna 5:15 C	Beat Ride Emily 5:15 C	T3 Cycle DeAnna 5:15 C	Beat Ride Emily 5:15 C				
5:15	Aerobics Kettlebells Rachel 5:15 A		Queenax Kettlebells Rachel 5:15 Q					Some classes in 2 studios
5:30	Queenax Barre Lee Ann 5:30 Q							All studios require an instructor to be present before members may enter. The studios are also used for Personal Training, Sports, & School-Aged Youth
6:15	Cardio Kickboxing Joe 6:15 A or Q		Cardio Kickboxing Joe 6:15 A or Q		TRX Cardio Kickboxing Candice 6:00 Q			Some classes in 2 studios
6:30	Serenity Cycle pop up class DeAnna 6:30 C	Queenax FreeStep Leah 6:30 Q	Evening Cycle Shaun 6:30 C					Pop Up classes are one time only & with TBDdates
7:00	Core Conditioning Joe 7:00 A or Q	HIIT Tina 6:45 A	Core Conditioning Joe 7:00 A or Q	HIIT Tina 6:45 A				Some classes in 2 studios Classes subject to change

