

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 1/14/2022 CH
8:00						Destination Cycle \$ fee C 8:15-9:15 Shaun		1 x month at second Saturday with exceptions Jan 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		Tabata Deisy 8:45 Q	Balance / Stability Cyndi 8:45 Q		Queenax Tabata Deisy 8:45 Q			Studios require an instructor to be present before members may enter.
9:30			Pop Up Class 1 x TBA date 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 first 15 minutes
10:00	Fit Mix Candice 10:00 A	Stretch- Ability Instr 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	Saturday Cycle Lindsay 9:30 C		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			Evening Yoga Chris 5:00 A					Yoga is a one hour class
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	Kettlebells Rachel 5:15 A		Kettlebells Rachel 5:15 Q					Classes in 2 studios alternating days
5:30	Barre Lee Ann 5:30 Q							All studios require an instructor to be present before members may enter.
6:15	Cardio Kickboxing Joe 6:15 A		Cardio Kickboxing Joe 6:15 A		Hatha Yoga Joe 6:00 A Starts 1/14			Instructor moves classes to Queenax too
6:30		Free Step Hip Hop Leah 6:30 Q	Evening Cycle Shaun 6:30 C					
7:00	Core Conditioning Joe 7:00 A	HIIT Tina 6:45 A	Core Conditioning Joe 7:00 A	HIIT Tina 6:45 A				Edited on 1/14/2022 CH