## KANKAKEE AREA YMCA GROUP FITNESS CLASS MORNING SCHEDULE Great Finishes Begin At The Y!

MON	TUE	WED	THU	FRI	SAT	SUN	STUDIO LOCATIONS A Aerobics C Cycling Q Queenax
Early Bird Cycling Mike 5:15 <b>C</b>	Queenax Circuit Mike 5:15 <b>Q</b>	Early Bird Cycling Mike 5:15 <b>C</b>	Queenax Circuit Mike 5:15 <b>Q</b>	Early Bird Cycling Mike 5:15 <b>C</b>			Edited on <b>1/14/2022</b> CH
					Destination Cycle \$ fee <b>C</b> 8:15-9:15 Shaun		1 x month at second Saturday with exceptions <b>Jan ride is 1/15</b> NEW YORK CITY theme Fee\$2.50 projected pictures, décor, snack
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
	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.
		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
Fit Mix Candice 10:00A	Stretch- Ability Instr TBD 10:45 A	Tai Chi /Gentle Yoga Ruth 10:00 A	Fit Mix Candice 10:00A	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
	Cycling Mike 5:15 C Morning Yoga Chris 8:30 A Fit Mix Candice	Cycling Mike 5:15 CCircuit Mike 5:15 QMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 ATabata Deisy 8:45 QTabata Deisy 8:45 QFit Mix Candice 10:00AStretch- Ability Instr TBD	Cycling Mike 5:15 CCircuit Mike 5:15 QCycling Mike 5:15 CMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Jen 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Jen 8:30 AVinyasa Yoga Jen 8:30 ATabata Deisy 8:45 QBalance / Stability Cyndi 8:45 QTabata Deisy 8:45 QPop Up Class 1 x TBA date 9:35 AFit Mix Candice 10:00AStretch- Ability Instr TBD 10:45 ATai Chi /Gentle Yoga Ruth	Cycling Mike 5:15 CCircuit Mike 5:15 QCycling Mike 5:15 CCircuit Mike 5:15 QMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Orbit Balance / Stability Cyndi 8:45 QMorning Yoga Chris 8:45 QVinyasa Yoga Chris 8:45 QTabata Deisy 8:45 QBalance / Stability Cyndi 8:45 QMorning Yoga Chris Balance / Stability Cyndi 8:45 QFit Mix Candice 10:00AStretch- Ability Instr TBD 10:45 ATai Chi /Gentle Yoga RuthFit Mix Candice 10:00A	Cycling Mike 5:15 CCircuit Mike 5:15 QCircuit Mike 5:15 QCircuit Mike 5:15 QCycling Mike 5:15 QMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Den Stability Cyndi 8:45 QMorning Yoga Chris 8:45 QMorning Yoga Chris 8:45 QMorning Yoga Chris Stability Cyndi 8:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris Stability Cyndi S:45 QMorning Yoga Chris S:35 AMorning Yoga Chris S:30 AFit Mix Candice 10:00AStretch- Ability Io:45 ATai Chi /Gentle Yoga RuthFit Mix Candice 10:00ATai Chi /Gentle Yoga Ruth	Cycling Mike 5:15 CCircuit Mike 5:15 CCycling Mike 5:15 CCycling Mike 5:15 QCycling Mike 5:15 QMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Yoga Chris 8:30 AMorning Yoga Yoga Chris 8:30 AMorning Yoga Yoga Chris 8:30 AMorning Yoga Yoga Chris 8:30 ADestination Cycle \$ fee C 8:15-9:15 ShaunMorning Yoga Chris 8:30 AWorning Yoga Chris 8:30 AWorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AT2 Step Emily 8:30 AMorning Stability Cyndi 8:45 QVinyasa Yoga Chris 8:45 QMorning Yoga Chris 8:45 QMorning Yoga Chris 8:45 QCountry Dance Fusion Rachel 9:35 AFit Mix Candice 10:00AStretch- Ability Instr TBD 10:45 ATai Chi /Gentle Yoga RuthTai Chi /Gentle Yoga Sol CTai Chi /Gentle Yoga Sol C	Cycling Mike 5:15 CCircuit Mike 5:15 QCycling Mike 5:15 QCycling Mike 5:15 QCycling Mike 5:15 QMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Yoga Chris 8:30 AMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 ADestination Cycle \$ fee C BailonMorning Yoga Chris 8:30 AVinyasa Yoga Destination Cycle \$ fee C C Chris 8:30 AMorning Yoga Chris 8:30 AMorning Yoga Chris 8:30 AT2 Step Emily 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Chris 8:30 AMorning 8:30 AT2 Step Emily 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Chris 8:30 AMorning Yoga Chris 8:30 AT2 Step Emily 8:30 AMorning Yoga Chris 8:30 AVinyasa Yoga Chris 8:30 AMorning Yoga Chris 8:30 AT2 Step Emily 8:30 AMorning Yoga Stability S:45 QVinyasa Yoga Stability Cyndi 8:45 QMorning Pop Up Class 1 x TBA date 9:35 ACountry Dance Fusion Rachel 9:30 A *Fit Mix Candice 10:00AStretch- Ability Oga RuthTai Chi /Gentle Yoga RuthTai Chi /Gentle Yoga RuthTai Chi /Gentle Yoga Poga No



## KANKAKEE AREA YMCA GROUP FITNESS CLASS EVENING SCHEDULE Great Finishes Begin At The Y!

Leah

HIIT

Tina

6:45 **A** 

7:00

Core

Joe

7:00 **A** 

Conditioning

6:30 **Q** 

6:30 **C** 

Core

7<u>:00 **A**</u>

Joe

Conditioning

Start times	MON	TUE	WED	THU	FRI	SAT	SUN	STUDIO LOCATIONSA Aerobics C CyclingQ Queenax
PM								
5:00			EveningYoga 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		HathaYoga Joe 6:00 A Starts 1/14			Instructor moves classes to Queenax too
6:30		Free Step Hip Hop	Evening Cycle Shaun					

HIIT

Tina

6:45 **A** 

the

Edited on 1/14/2022 CH