

KANKAKEE AREA YMCA **AEROBICS STUDIO** GROUP FITNESS CLASSES **Great finishes being at the Y!**



START TIMES	Classes are 45 minutes	Exceptions: 30 m * 60 m **			A AEROBICS STUDIO				EDITED 1/14/22
	MON	TUE	WED	THU	FRI	SAT	SUN		
8:30 AM		Morning Yoga ** CHRIS 8:30 AM A	Morning Yoga ** CHRIS 8:30 AM A	Vinyasa Yoga ** JEN 8:30 AM A	Morning Yoga ** CHRIS 8:30 AM A	Morning Yoga ** CHRIS 8:30 AM A	T2 STEP EMILY 8:30 AM A		
9:30 AM							COUNTRYDANCE FUSION RACHEL 9:30 PM A		DANCE NOW FREE; FIRST 15 MINUTE LEARN STEPS
10 AM		FIT MIX CANDICE 10 AM A **	STRETCH-ABILITY TBD 10:45 AM A	GENTLE TAI CHI/YOGA RUTH 10 AM A	FIT MIX CANDICE 10 AM A **	GENTLE TAI CHI & YOGA RUTH 10 AM A			

	MON	TUE	WED	THU	FRI	SAT	SUN	
5:00 PM			EveningYoga Chris 5:00 A					Yoga is a one hour class
5:15 PM	Kettlebells Rachel 5:15 A		Kettlebells Rachel 5:15 Q					Classes in different studio on alternating days
6:15 PM	Cardio Kickbox Joe 6:15 A		Cardio Kickbox Joe 6:15 A		Hatha Yoga Joe 6:00 A			Classes may be in moved to the Queenax Studio by instructor
7:00 PM	CoreTraining Joe 7:00 A	HIIT Tina 6:45 A	CoreTraining Joe 7:00 A	HIIT Tina 6:45 A				Classes may be in moved to the Queenax Studio by instructor