

KANKAKEE AREA YMCA GROUP FITNESS CLASSES

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								
5:15	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		APRIL 2022	
8:15						Destination Cycle \$\$ Shaun 8:15 C		April ride Saturday 3/9 8:15 am Holland Tulip Festival theme It's an hour-long indoor cycling class 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	Balance & Stability Cyndi 8:45 Q		Queenax Tabata Deisy 8:45 Q			Studios require an instructor to be present.
9:30 – 9:45		Just Barbells Rachel 9:45 A			Queenax Pilates / Yoga Deisy 9:30 Q *	Country Fusion Dance Rachel 9:30 A		Dance classes are now free! * New to Country Fusion or need a review? Includes instructional portion - dance steps review first 15 minutes of class Pilates/Yoga is a 30 min class
10:00	Fit Mix Candice 10:00 A	Stretch-Ability David 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 Last edited on 4/6/2022 CH

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 **	APRIL 2022				Yoga is a one- hour class Evening Yoga ends April 27th
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 5:30 A		Queenax Kettlebells Rachel 5:30 Q					Classes alternate between 2 studios M W
5:30	Queenax Barre Lee Ann 5:30 Q			Queenax JustBarbells Rachel 5:30 Q				All studios require an instructor to be present. Just Barbells held 2 times am/pm
6:15	Cardio Kickboxing Joe 6:15 A		Cardio Kickboxing Joe 6:15 A		Hatha Yoga Joe (JOGA) 6:00 A			Instructor moves MW classes between the Aerobics & Queenax Studios Yoga is one hour.
6:30		Free Step Leah 6:00 Q	Evening Cycle Shaun 6:30 C					
6:45 - 7:00	Core Conditioning Joe 7:00 A *	HIIT Tina 6:45 A **	Core Conditioning Joe 7:00 A *	HIIT Tina 6:45 A **				*Core Conditioning = 30 min ** HIIT is a one-hour class.
								Classes subject to change. Last edited 4/6/22 CH