



Aerobics Studio Schedule  
 Aerobics Studio @ Kankakee Area YMCA  
 September 23rd - November 3rd

1075 N. Kennedy Dr  
 KANKAKEE, IL 60901  
 (815) 933-1741

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		<b>Pilates</b> Dorene Mohler 6am - 6:45am		<b>Yogalates</b> Dorene Mohler 6am - 6:45am			
7am	<b>ZUMBA Aerobics</b> Amelia Toronjo 7:30am - 8:15am		<b>ZUMBA Aerobics</b> Amelia Toronjo 7:30am - 8:15am			<b>Cardio Kickbox</b> Courtney LaRoche 7:30am - 8am	
8am	<b>Yoga</b> Jennifer Rehmer-Warmoth 8:30am - 9:30am	<b>Fit Mix</b> Amelia Toronjo 8am - 9am	<b>Yoga</b> Jennifer Rehmer-Warmoth 8:30am - 9:30am	<b>Fit Mix</b> Amelia Toronjo 8am - 9am	<b>Yoga</b> Jennifer Rehmer-Warmoth 8:30am - 9:30am	<b>RIPPED</b> Courtney LaRoche 8am - 9am	<b>Chair Yoga</b> Beth Rockert 8am - 9am
9am	<b>Step It Up!</b> Tom Beirne 9:35am - 10:20am		<b>Step It Up!</b> Tom Beirne 9:35am - 10:20am		<b>Step It Up!</b> Tom Beirne 9:35am - 10:20am	<b>Turbo Step</b> Tom Beirne 9am - 10am	<b>Gentle Yoga</b> Beth Rockert 9am - 10am
10am			<b>Fundamental Stretch</b> Lee Ann Kessler 10:30am - 11:15am		<b>Therapeutic Tai Chi in a Chair</b> Jennifer Chambers-Schwob 10:45am - 11:15am		
4pm				<b>Toning &amp; Strength</b> Tomiko Radford 4:30pm - 5:30pm			
5pm		<b>RIPPED</b> Courtney LaRoche 5:30pm - 6:30pm	<b>Active Yoga Flow</b> Chris Burch 5pm - 6pm	<b>Kickbox</b> Courtney LaRoche 5:30pm - 6:30pm	<b>Therapeutic Qi Gong In-A-Chair</b> Cyndi Hunt 5pm - 5:45pm		
6pm	<b>Cardio Kickbox</b> Joe Begley 6:15pm - 7pm		<b>Cardio Kickbox</b> Joe Begley 6:15pm - 7pm				
7pm	<b>Totally Ab Blast</b> Joe Begley 7pm - 7:30pm		<b>Totally Ab Blast</b> Joe Begley 7pm - 7:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.