



Aerobics Studio Schedule
Aerobics Studio @ Kankakee Area YMCA
 October 14th - November 3rd

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Pilates Dorene Mohler 6am - 6:45am		Yogalates Dorene Mohler 6am - 6:45am			
7am	ZUMBA Aerobics Amelia Toronjo 7:30am - 8:15am		ZUMBA Aerobics Amelia Toronjo 7:30am - 8:15am				
8am	Yoga Jennifer Rehmer-Warmoth 8:30am - 9:30am	Fit Mix Amelia Toronjo 8am - 9am	Yoga Jennifer Rehmer-Warmoth 8:30am - 9:30am	Fit Mix Amelia Toronjo 8am - 9am	Yoga Jennifer Rehmer-Warmoth 8:30am - 9:30am		Chair Yoga Beth Rockert 8am - 9am
9am	Step It Up! Tom Beirne 9:35am - 10:20am		Step It Up! Tom Beirne 9:35am - 10:20am		Step It Up! Tom Beirne 9:35am - 10:20am	Turbo Step Tom Beirne 9am - 10am	Gentle Yoga Beth Rockert 9am - 10am
10am			Qi Gong for Health and Well-Being Ruth Kamen 10:30am - 11:30am		Therapeutic Tai Chi in a Chair Jennifer Chambers-Schwob 10:45am - 11:15am	Youth Dance Program Lee Ann Kessler and Leah Love 10:15am - 11am	
11am						Youth Dance Program Lee Ann Kessler and Leah Love 11:15am - 12pm	
4pm				Toning & Strength Tomiko Radford 4:30pm - 5:30pm			
5pm			Active Yoga Flow Chris Burch 5pm - 6pm		Therapeutic Qi Gong In-A-Chair Cyndi Hunt 5pm - 5:45pm		
6pm	Cardio Kickbox Joe Begley 6:15pm - 7pm		Cardio Kickbox Joe Begley 6:15pm - 7pm				
7pm	Totally Ab Blast Joe Begley 7pm - 7:30pm		Totally Ab Blast 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.



Class Descriptions Kankakee Area YMCA

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Active Yoga Flow - Vinyasa Flow connects the breath during an invigorating yoga practice that is a sequence of poses concluding with deep relaxation. This practice will develop and challenge your strength and flexibility.

Cardio Kickbox - This class provides a total body workout that targets core strength and balance for all. It's designed to increase cardiovascular endurance, muscular strength, range of motion, and agility.

Fit Mix - In this combination class, we will incorporate various cardio segments and various strength training utilizing free weights, tubing, bands, balls and more. This class provides a full body workout creating cardiovascular endurance and overall increase

Pilates - Tone up with Pilates! Our class targets your core muscles by using resistance to help build strength and flexibility.

Qi Gong for Health and Well-Being - Exercise gently, with slow, steady movements, controlled breathing, and meditation for your mind-body connection.

Step It Up! - Looking to burn lots of calories? You will enjoy learning new patterns and combinations in a high energy and challenging atmosphere .

Therapeutic Qi Gong In-A-Chair - Guided, relaxing routines of movements to aide you in de-stressing at the end of your week. Chair stretching with continuous movement, with mindful meditation, self-improvement, and self-realization at the end of each session.

Therapeutic Tai Chi in a Chair - Benefits of Tai Chi: 1. Increase Flexibility 2. Improve and Maintain Balance 3. Improve Muscle Strength 4. Reduce Anxiety and Depression 5. Reduce Arthritis Pain 6. Reduce Blood Pressure

Totally Ab Blast - Find that six pack you've been looking for. This is an intense 30 minute class that will totally focus on your core muscles.

Yoga - Breathe, focus, and relax while burning calories in our Hatha style yoga classes.

Youth Dance Program - Calling all Dance Stars! During this 7-week program, participants will learn Ballet, Hip Hop, Lyrical, and Jazz. MEMBERS: \$40 PROSPECTIVE MEMBERS: \$80 Registration Deadline: October 18th