



Aerobics Studio Schedule
Aerobics Studio @ Kankakee Area YMCA
 September 3rd - September 16th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Pilates 6am - 6:45am		Yogalates 6am - 6:45am			
7am						Cardio Kickbox 7:30am - 8am	
8am	Yoga 8:30am - 9:30am	Fit Mix 8:30am - 9:30am	Yoga 8:30am - 9:30am	Fit Mix 8:30am - 9:30am	Yoga 8:30am - 9:30am	RIPPED 8am - 9am	Chair Yoga 8am - 9am
9am	Step It Up! 9:35am - 10:20am		Step It Up! 9:35am - 10:20am		Step It Up! 9:35am - 10:20am	Turbo Step 9am - 10am	Gentle Yoga 9am - 10am
10am					Therapeutic Tai Chi in a Chair 10:45am - 11:15am		
4pm		Kickbox 4:45pm - 5:30pm					
5pm	ZUMBA 5:30pm - 6:15pm	RIPPED 5:30pm - 6:30pm	Active Yoga Flow 5pm - 6pm	Kickbox 5:30pm - 6:30pm	ZUMBA 5:30pm - 6:15pm		
6pm	Cardio Kickbox 6:15pm - 7pm		Cardio Kickbox 6:15pm - 7pm				
7pm	Totally Ab Blast 7pm - 7:30pm		Totally Ab Blast 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.