



Group Fitness Master Schedule
Kankakee Area YMCA
 September 23rd - November 3rd

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Early Bird Cycle Cycle Room Dave Wonder 5:30am - 6:15am	QUEENAX Circuit Queenax Room Merissa Burns-Gray 5:15am - 6am	Early Bird Cycle Cycle Room Dave Wonder 5:30am - 6:15am	QUEENAX Circuit Queenax Room Merissa Burns-Gray 5:15am - 6am	Early Bird Cycle Cycle Room Dave Wonder 5:30am - 6:15am		
6am		Pilates Aerobics Studio Dorene Mohler 6am - 6:45am	Beat Ride Cycle Room Lindsay Wilson 6:30am - 7:15am	Yogalates Aerobics Studio Dorene Mohler 6am - 6:45am			
7am	ZUMBA Aerobics Aerobics Studio Amelia Toronjo 7:30am - 8:15am		ZUMBA Aerobics Aerobics Studio Amelia Toronjo 7:30am - 8:15am			Early Bird Cycle Cycle Room Tari Kapchinske 7:15am - 8am	
						Cardio Kickbox Aerobics Studio Courtney LaRoche 7:30am - 8am	
8am	Yoga Aerobics Studio Jennifer Rehmer-Warmoth 8:30am - 9:30am	Fit Mix Aerobics Studio Amelia Toronjo 8am - 9am	Yoga Aerobics Studio Jennifer Rehmer-Warmoth 8:30am - 9:30am	Fit Mix Aerobics Studio Amelia Toronjo 8am - 9am	QUEENAX Circuit Queenax Room Laura Zens 8:30am - 9:30am	RIPPED Aerobics Studio Courtney LaRoche 8am - 9am	Chair Yoga Aerobics Studio Beth Rockert 8am - 9am
	QUEENAX Circuit Queenax Room Ashlie Coughlan 8:30am - 9:30am	Pedal On Cycle Room Emily VanKuren 8:45am - 9:30am	QUEENAX Circuit Queenax Room Mollie Grizzle 8:30am - 9:30am	Pedal On Cycle Room Emily VanKuren 8:45am - 9:30am	Yoga Aerobics Studio Jennifer Rehmer-Warmoth 8:30am - 9:30am		
	Power Pedal Cycle Room Emily VanKuren 8:45am - 9:30am				Rhythm Ride Cycle Room Emily VanKuren 8:45am - 9:30am		
9am	Step It Up! Aerobics Studio Tom Beirne 9:35am - 10:20am		Step It Up! Aerobics Studio Tom Beirne 9:35am - 10:20am		Step It Up! Aerobics Studio Tom Beirne 9:35am - 10:20am	Turbo Step Aerobics Studio Tom Beirne 9am - 10am	Gentle Yoga Aerobics Studio Beth Rockert 9am - 10am
10am			Qi Gong for Health and Well-Being Aerobics Studio Ruth Kamen 10:30am - 11:30am		Therapeutic Tai Chi in a Chair Aerobics Studio Jennifer Chambers-Schwob 10:45am - 11:15am	Turbo Cycle Cycle Room Tom Beirne 10:30am - 11:30am	
4pm				Toning & Strength Aerobics Studio Tomiko Radford 4:30pm - 5:30pm			
5pm	TRX Tabata Queenax Room Aemilia Gray 5pm - 5:30pm	QUEENAX Circuit Queenax Room Laura Zens 5:30pm - 6:15pm	TRX Tabata Queenax Room Aemilia Gray 5pm - 5:30pm	QUEENAX Circuit Queenax Room Laura Zens 5:30pm - 6:15pm	Therapeutic Qi Gong In-A-Chair Aerobics Studio Cyndi Hunt 5pm - 5:45pm		
	Rev It Up Cycle Room Tom Beirne 5:30pm - 6:15pm	Rip & Ride Cycle Room Tom Beirne 5:30pm - 6:30pm	Active Yoga Flow Aerobics Studio Chris Burch 5pm - 6pm	Rip & Ride Cycle Room Tom Beirne 5:30pm - 6:30pm			

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.



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		RIPPED Aerobics Studio Courtney LaRoche 5:30pm - 6:30pm	Rev It Up Cycle Room Tom Beirne 5:30pm - 6:15pm	Kickbox Aerobics Studio Courtney LaRoche 5:30pm - 6:30pm			
6pm	Cardio Kickbox Aerobics Studio Joe Begley 6:15pm - 7pm	QUEENAX Circuit Queenax Room Tina Begley 6:30pm - 7:30pm	Cardio Kickbox Aerobics Studio Joe Begley 6:15pm - 7pm	QUEENAX Circuit Queenax Room Tina Begley 6:30pm - 7:30pm			
7pm	Totally Ab Blast Aerobics Studio Joe Begley 7pm - 7:30pm		Totally Ab Blast Aerobics Studio Joe Begley 7pm - 7:30pm				

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