



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		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			Cardio Kickbox Courtney LaRoche 7:30am - 8am	
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	RIPPED Courtney LaRoche 8am - 9am	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		
4pm				Toning & Strength Tomiko Radford 4:30pm - 5:30pm			
5pm		RIPPED Courtney LaRoche 5:30pm - 6:30pm	Active Yoga Flow Chris Burch 5pm - 6pm	Kickbox Courtney LaRoche 5:30pm - 6:30pm	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.