

Kishwaukee Family YMCA					
Wellness Class Schedule					
Jan 2 - Feb 18 (7 Weeks)					
☉ Free Classes					
CLASS		DAY	TIME	INSTRUCTOR	ROOM
SUNDAY					
Aqua Zumba	beg-inter	S	10:10 - 11:00 a.m.	Jamey	Rec Pool
Power Yoga	beg-adv	S	10:10 - 11:10 a.m.	Liz R.	Multipurpose Rm
MONDAY/WEDNESDAY/FRIDAY					
Water Exercise & Jog	beg-inter	MW only	7:00 - 7:45 a.m.	Beth	Rec Pool
☉ Have a Ball	beg-adv	MWF	8:00 - 8:45 a.m.	Diana	Multipurpose Rm
Water Exercise	beg-inter	MWF	8:10 - 9:00 a.m.	Aime/Simone	Rec Pool
SilverSneakers-Sr. Strength	beg-inter	MWF	8:45 - 9:30 a.m.	Dawn	Gym
☉ Step & Strengthen	inter-adv	MWF	9:00 - 10:00 a.m.	Diana	Multipurpose Rm
Arthritis Aquatics Must be ok'd by instructor	inter-adv	MWF	9:00 - 9:50 a.m.	Janie	Rec Pool
☉ Circuit Training - return only	inter-adv	MWF	9:35 - 10:30 a.m.	Yvette	WC
☉ Circuit Training - must reg	beg-inter	MWF	10:45 - 11:45 a.m.	Yvette	WC
ReCoup/MS <i>Must be ok'd by instructor</i>	inter-adv	MWF	10:00 - 11:00 a.m.	Janie	Rec Pool
Water Walking	beg	MWF	10:00 - 10:30 a.m.	Janie	Rec Pool
ReCoup/MS <i>Must be ok'd by instructor</i>	inter-adv	MWF	11:00 - 12:00 p.m.	Janie	Rec Pool
Nordic Walking Club	beg-inter	MW	11:00 - 11:45 p.m.	Sue M	SC
☉ Lunch Time Express	big-inter	MW only	12:15 - 1:05 p.m.	Sue S	Multipurpose Rm
☉ Senior Water Exer	beg-inter	MWF	1:05 - 1:55 p.m.	Janie	Rec Pool
☉ Circuit Training - must reg	beg-inter	MW only	5:30 - 6:20 p.m.	Dori	CT
☉ Aerobics & Step	beg-inter	MW only	5:30 - 6:00 p.m.	Peggy	Training Studio
☉ Toning	beg-inter	MW only	6:00 - 6:30 p.m.	Peggy	Training Studio
MONDAY					
☉ Cardio Cycling	inter-adv	M	5:15 - 6:00 a.m.	Melissa	Spin Rm off gym
Power Yoga	beg-adv	M	9:15-10:15 a.m.	Lori	Lap Pool Deck
Challenge Group	inter-adv	M	4:20 - 5:25 p.m.	Diana	Multipurpose Rm
Hip Hop Dance-family friendly	beg-inter	M	4:30 - 5:15 p.m.	Brook	Training Studio
Zumba	beg-inter	M	5:30 - 6:15 p.m.	Sue S	Multipurpose Rm
☉ Pilates & Stretch 6:30 Beg 7:00 Int	beg-adv	M	6:30 - 7:25 p.m.	Vicky	Multipurpose Rm
☉ Cardio Cycling	inter-adv	M	6:00 - 6:45 p.m.	Kara	Spin Rm off gym
Zumba	beg-inter	M	7:35-8:25 p.m.	Jamey	Multipurpose Rm
TUESDAY					
☉ Flat Belly Workout	beg-inter	T	6:00 - 6:45 a.m.	Melissa	Multipurpose Rm
Pilates Only	beg-adv	T	9:00 - 10:00 a.m.	Diana	Multipurpose Rm
☉ Beginning Yoga/Pilates	beg-inter	T	12:10 - 12:50 p.m.	Sue M	Multipurpose Rm
Hula Hoop	beg-inter	T	5:15 - 6:00 p.m.	Star	Gym
☉ Aerobics & Kickboxing	inter-adv	T	5:45 - 6:15 p.m.	Sue S	Multipurpose Rm
☉ Have a Ball	beg-adv	T	6:15 - 6:45 p.m.	Sue S	Multipurpose Rm
☉ Cardio Cycling	inter-adv	T	6:00 - 6:45 p.m.	Cindy	Spin Rm off gym
Zumba	beg-inter	T	6:30 - 7:15 p.m.	Kristina	Gym
TUESDAY/THURSDAY					
Water Exer/Jog	beg-inter	TTH	8:45 - 9:30 a.m.	Beth	Rec Pool
☉ Boot Camp	beg-adv	TTH	9:00 - 10:00 a.m.	Carrie	SC
☉ Circuit Training - must reg	beg-inter	TTH	9:45 - 10:30 a.m.	Alex	CT
☉ Step & Strengthen	inter-adv	TTH	4:30 - 5:40 p.m.	Diana	Multipurpose Rm
ReCoup/MS <i>Must be ok'd by instructor</i>	inter-adv	TTH	5:40 - 6:25 p.m.	Dawn	Rec Pool
Water Exer/Jog	beg-inter	TTH	6:30 - 7:15 p.m.	Patti	Rec Pool
WEDNESDAY					
☉ Cardio Cycling	inter-adv	W	5:15 - 6:00 a.m.	Vicky	Spin Rm off gym
Zumba	beg-inter	W	6:50 - 7:50 a.m.	Jamey	Multipurpose Rm
Power Yoga	beg-adv	W	9:15 - 10:15 a.m.	Lori	Lap Pool Deck
Zumba	beg-inter	W	10:15 - 11:00 a.m.	Carrie	Multipurpose Rm
Challenge Group	inter-adv	W	4:20 - 5:25 p.m.	Diana	Multipurpose Rm
Family Yoga	cancelled	C	4:30 - 5:15 p.m.	Lori	Training Studio
Zumba	beg-inter	W	5:30 - 6:20 p.m.	Jamey	Multipurpose Rm
☉ Cardio Cycling	inter-adv	W	6:00 - 6:45 p.m.	Kara	Spin Rm off gym
☉ Tri/Bi Training	beg-adv	W	6:30 - 7:30 p.m.	Frances	SC/Studio
Power Yoga	beg-adv	W	7:40-8:40 p.m.	Frances	Training Studio
THURSDAY					
Flat Belly Workout	beg-inter	TH	6:00 - 6:45 a.m.	Melissa	Multipurpose Rm
Pilates Only	beg-adv	TH	9:00 - 10:00 a.m.	Diana	Multipurpose Rm
☉ Beg. Pilates/Ball	beg-inter	TH	12:10 - 12:50 p.m.	Sue M	Multipurpose Rm
Zumba	beg-inter	TH	5:45 - 6:35 p.m.	Cody	Multipurpose Rm
☉ Aerobics & Kickboxing	beg-inter	TH	5:30 - 6:00 p.m.	Sue S	Training Studio
☉ Toning	beg-inter	TH	6:00 - 6:30 p.m.	Sue S	Training Studio
☉ Cardio Cycling	inter-adv	TH	6:00 - 6:45 p.m.	Cindy	Spin Rm off gym
Beg. Pilates and Toning -family	beg-inter	TH	6:35 - 7:30 p.m.	Jessica	Training Studio
FRIDAY					
☉ Cardio Cycling	inter-adv	F	5:15 - 6:00 a.m.	Melissa	Spin Rm off gym
Power Yoga	beg-adv	F	9:15 - 10:15 a.m.	Lori	Lap Pool Deck
Zumba	beg-inter	F	10:15 - 11:00 a.m.	Carrie	Multipurpose Rm
Zumba	cancelled	C	12:15 - 1:00 p.m.	Sue S	Multipurpose Rm
Zumba	beg-inter	F	5:30 - 6:15 p.m.	Cody	Multipurpose Rm
Zumba Toning	beg-adv	F	6:20 - 6:50 p.m.	Cody	Multipurpose Rm
SATURDAY					
Aqua Zumba	beg-inter	S	7:00 - 7:50 a.m.	Carrie	Rec Pool
Pilates/Yoga	beg-adv	S	8:00 - 9:00 a.m.	Diana	Multipurpose Rm
☉ Cardio Cycling	inter-adv	S	8:45 - 9:55 a.m.	Tim	Spin Rm off gym
Zumba	beg-inter	S	9:05 - 9:50 a.m.	Kristina	Multipurpose Rm
Training Studio=Rball Court 1		SC=Sports Center		WC=Wellness Center	
C = Cancelled for this Session. Try again next session.			CT=Circuit Training Studio		