








FOX VALLEY FAMILY YMCA

Fitness Class Schedule-West Branch

707 S. Main St., Sandwich, IL

September 14th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	*SUNDAY*
A.M.	A.M.	A.M.	A.M.	A.M.	A.M.	A.M.
5:00-5:45 	5:00-5:45 		5:00-5:45 	5:00-5:45 		
7:30-8:15 	7:30-8:25 Enhance Fitness	7:30-8:15 	7:30-8:25 Enhance Fitness		7:30-8:15 	
8:30-9:15 		8:30-9:15 	8:30-9:15 	8:30-9:15 	8:30-9:15 	Step and Combat will alternate.
			9:30-10:00 Les Mills Core			
P.M.	P.M.	P.M.	P.M.			
	5:00-5:30 Les Mills CORE	5:30-6:15 	5:30-6:15 			Bolded= New Class/ Times
6:30-7:15 Athletic 	5:30-6:15 					

<p>Enhance Fitness</p>	<p>These classes will improve strength, balance, flexibility and cardio fitness. All ages are welcome</p>
	<p>Focusing on each of the major muscle groups, you'll start working THE REP EFFECT™ involving all the important muscles to sculpt your legs, chest, back, shoulders and abdominals. Finally, enjoy a well-deserved cool down as you stretch your muscles.</p>
	<p>This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai, you'll strike, punch, kick, and kata your way through calories to superior cardio fitness.</p>
	<p>An energizing step workout that will have you feeling liberated and alive. Using height adjustable steps and simple movements on, over, and around the step.</p>
	<p>Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.</p>
	<p>TONE offers a modern training experience while maintaining the original 3 in 1 training style. A mix of cardio, resistance and core, TONE plays with a variety of training concepts to ensure everyone gets the best results from their workout</p>

All Group Fitness classes are FREE to members, no advanced sign up required. Questions or concerns contact Melissa Wright at 815-786-9998. All classes are subject to change due to attendance. Free child care is offered with family membership. Fitness Classes are available online at www.foxvalleymca.org under schedules.