



FOX VALLEY FAMILY YMCA






Fitness Class Schedule-West Branch

707 S. Main St., Sandwich, IL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	A.M.	A.M.	A.M.	A.M.	A.M.
	5:00-5:45 		5:00-5:45 	5:00-5:45 POWER CIRCUIT	
8:15-8:45 Mish Mash	8:15-8:45 Butts / Guts	8:15-9:00 	8:15-8:45 Express 	8:15-8:45 	8:00-8:45
8:30-9:25 Enhance Fitness	8:45-9:30 POWER CIRCUIT	8:30-9:25 Enhance Fitness	8:45-9:30 	8:45-9:30 	8:45-9:40
8:45-9:30 	9:30-10:25 	9:00-10:00 	9:30-10:00 	8:30-9:25 Enhance Fitness	
9:30-10:30 		9:30-10:15 Yoga		9:30-10:15 	
P.M.	P.M.	P.M.	P.M.	*A.M.*	P.M.
5:00-6:00 	4:30-5:15 		5:30-6:15 Mish Mash	9:30-10:30 Restorative Yoga	Bolded Classes= New Time or New Class
6:00-6:30 Athletic 	5:15-5:45 	5:30-6:15 	6:30-7:30 Zumba	10:20-11:05 WERQ	
6:30-7:30 YOGA	5:45-6:30 	6:30-7:30 			
6:30-7:15 Strong By Zumba	6:30-7:30 Zumba	6:30-7:15 Restorative Yoga			

Yoga	Yoga -Transform your body & find your inner strength, inner core & your inner warrior. All levels welcome.
Restorative Yoga	Restorative Yoga - Learn breathing techniques, lengthening stretches, and strong balancing poses. All levels welcome.
WERQ®/ Zumba Strong	WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music. Zumba –Get fit with fun Latin rhythms. Anyone can join come try this fun cardio and core blasting class. Strong- HIIT training to your favorite Zumba Music.
Enhance FITNESS	These classes will improve strength, balance, flexibility and cardio fitness. All ages are welcome
Power Circuit	Burn fat fast with high intensity intervals. Start the burn with body blasting weight training and calorie crushing cardio burst. Finish strong with some serious core work.
Mish Mash	All your favorite cardio, strength and core classes rolled into one.
Butts/Guts	Cardio, Strength and Core. This class will chisel your abs and tone your rear end.

Les Mills Classes

	This barbell class will sculpt, tone and strengthen your entire body fast! Begin with a warm up to get your body moving and slowly start to work out your muscles, using light weights only. 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.
	An empowering group fitness cardio workout where you are totally unleashed. 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. During this ultimate warrior workout, you'll strike, punch, kick, and kata your way through calories to superior cardio fitness.
	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.
	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.
	Step into a BODYVIVE™ 3.1 class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

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.