









# FOX VALLEY FAMILY YMCA

## Fitness Class Schedule-West Branch

707 S. Main St., Sandwich, IL

Sept 10- Dec 31

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	
8:30-9:25 	8:30-9:25 POWER CIRCUIT	8:30-9:25 	8:15-8:45 	8:30-9:25 	8:00-8:45 
8:30-9:25 Enhance Fitness	<b>8:30-9:30</b> 	8:30-9:25 Enhance Fitness	8:45-9:30 	8:30-9:25 Enhance Fitness	<b>8:50-9:35</b> 
9:30-10:30 	<b>9:30-10:00</b> 	9:30-10:30 	9:30-10:00 	9:30-10:30 	<b>9:35-10:35</b> 
	<b>10:00-10:30</b> 	9:30-10:30 	9:30-10:30 Yoga	9:40-10:40 Restorative Yoga	
P.M.	P.M.	P.M.	P.M.	*A.M.*	P.M.
5:00-6:00 	<b>5:00-5:30</b> 	<b>5:30-6:25</b> 	<b>5:30-6:25</b> 		<b>Bolded Classes= New Time or New Class</b>
6:00-6:30 Athletic 	<b>5:30-6:15</b> 	<b>6:30-7:30</b> 	<b>6:30-7:30</b> 		
6:30-7:30 YOGA	6:30-7:30 		6:30-7:30 Strong By Zumba		

<b>Yoga</b>	<b>Yoga</b> -Transform your body & find your inner strength, inner core & your inner warrior. All levels welcome.
<b>Restorative Yoga</b>	<b>Restorative Yoga</b> - Learn breathing techniques, lengthening stretches, and strong balancing poses. All levels welcome.
<b>Zumba</b>	Zumba –Get fit with fun Latin rhythms. Anyone can join come try this fun cardio and core blasting class.
<b>Enhance FITNESS</b>	These classes will improve strength, balance, flexibility and cardio fitness. All ages are welcome
<b>Power Circuit</b>	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.
<b>Strong by Zumba</b>	Hiit training with the science of synced Music Motivation. Music and moves synced together that push you past your limits to reach your fitness goals faster.
	Bodyflow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.
	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.
	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.
	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.
	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

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](http://www.foxvalleymca.org) under schedules.