



Effective 3/18/2024  
(Class Descriptions are on the back)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Knox County Family YMCA Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▶ <b>BODYPUMP®</b> 6:00-6:45am	▶ <b>BODYPUMP®</b> 6:00-6:30am	▶ <b>BODYPUMP®</b> 6:00-6:45am	▶ <b>BODYPUMP®</b> 6:00-6:30am	▶ <b>BODYPUMP®</b> 6:00-6:45am		
<b>Silver Sneakers®</b> 8:00-8:50am Doug	<b>Enhance®Fitness</b> 8:00-8:50am Doug	<b>Silver Sneakers®</b> 8:00-8:50am Doug	<b>Enhance®Fitness</b> 8:00-8:50am Doug	<b>Silver Sneakers®</b> 8:00-8:50am Doug/Sally	▶ <b>BODYPUMP®</b> 8:30-9:15am	
<b>Zumba®</b> 9:00-10:00am Susie	<b>Yoga</b> 9:15-10:15am Michele	<b>Zumba®</b> 9:00-10:00am Susie	<b>Yoga</b> 9:15-10:15am Roxie	<b>BODYPUMP®</b> 9:15-10:15am Gianina	▶ <b>BODYBALANCE®</b> 9:20-10:05am	
<b>BODYCOMBAT®</b> Express 10:15-11:00am Gianina	<b>Silver Sneakers®</b> 10:30-11:20am Sally	<b>BODYCOMBAT®</b> 10:15-11:15am Gianina	<b>Silver Sneakers®</b> 10:30-11:20am Sally		▶ <b>BODYPUMP®</b> 10:30-11:15am	
<b>RockSteady®</b> 12:30-2:00pm John	▶ <b>BODYBALANCE®</b> 12:15-1:00pm	<b>RockSteady®</b> 12:30-2:00pm John	▶ <b>BODYBALANCE®</b> 12:15-1:00pm	<b>RockSteady®</b> 12:30-2:00pm John	▶ <b>BODYBALANCE®</b> 11:20am-12:05pm	▶ <b>BODYPUMP®</b> 1:00-2:00pm
<b>BODYPUMP®</b> Express 5:30-6:15pm Trisha	<b>BODYPUMP®</b> 5:30-6:30pm Gianina	<b>BODYBALANCE</b> 5:30-6:30pm Gwen	<b>BODYCOMBAT®</b> Express 5:30-6:15pm Trisha	▶ <b>BODYPUMP®</b> 5:00-6:00pm		▶ <b>BODYBALANCE®</b> 2:15-2:45pm

## Downtown Galesburg YMCA Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
▶ <b>BODYPUMP®</b> (Arms) 4:55-5:10am	▶ <b>BODYPUMP®</b> (Upper Body) 4:50-5:10am	▶ <b>BODYPUMP®</b> (Arms) 4:55-5:10am	▶ <b>BODYPUMP®</b> (Upper Body) 4:50-5:10am	▶ <b>BODYPUMP®</b> (Arms) 4:55-5:10am		
▶ <b>SPRINT</b> 5:15-5:45am	▶ <b>SPRINT</b> 5:15-5:45am	▶ <b>SPRINT</b> 5:15-5:45am	▶ <b>SPRINT</b> 5:15-5:45am	▶ <b>SPRINT</b> 5:15-5:45am		
<b>SWEAT</b> 6:00-6:30am Kiersty		▶ <b>BODYBALANCE®</b> 6:00-6:30am		▶ <b>BODYBALANCE®</b> 6:00-6:30am	▶ <b>BODYPUMP®</b> (Upper Body) 6:35-6:55am	▶ <b>BODYPUMP®</b> (Upper Body) 6:35-6:55am
					▶ <b>SPRINT®</b> 7:00-7:30am	▶ <b>SPRINT®</b> 7:00-7:30am
<b>Step &amp; Strength</b> 8:50-9:50am Roxie	<b>Carley's Choice</b> 8:30-9:20am Carley	<b>Step &amp; Strength</b> 8:50-9:50am Roxie	<b>Carley's Choice</b> 8:30-9:20am Carley		▶ <b>BODYBALANCE®</b> 7:35-8:05am	▶ <b>BODYBALANCE®</b> 7:35-8:05am
<b>Pilates</b> 10:15-11:00am Michele	<b>Pilates</b> 9:30-10:15am Carol	<b>Pilates</b> 10:15-11:00am Roxie	<b>Pilates</b> 9:30-10:15am Michele			
▶ <b>RPM®</b> 12:15-1:05pm	<b>RPM®</b> 12:15-1:00pm Darla	▶ <b>BODYPUMP®</b> 12:15-1:00pm	▶ <b>BODYPUMP®</b> 12:15-1:00pm	<b>RPM®</b> 12:15-1:00pm Darla	▶ <b>RPM®</b> 12:15-1:05pm	▶ <b>RPM®</b> 12:15-1:05pm
<b>RPM®</b> 5:30-6:15pm Darla	<b>Zumba®</b> 5:30-6:30pm Eloise	<b>SWEAT</b> 5:30-6:00pm Kiersty	<b>Zumba®</b> 5:30-6:30pm Jan	▶ <b>SPRINT®</b> 6:00-6:30pm	▶ <b>CORE®</b> 1:15-1:45pm	▶ <b>CORE®</b> 1:15-1:45pm
▶ <b>BODYBALANCE®</b> 6:25-6:55pm	▶ <b>BODYBALANCE®</b> 6:35-6:50pm	▶ <b>SPRINT®</b> 6:15-6:45pm	▶ <b>BODYBALANCE®</b> 6:35-6:50pm	▶ <b>BODYBALANCE®</b> 6:35-6:50pm		

## GROUP FITNESS CLASS DESCRIPTIONS

Suggested variety of workouts should include a class from each discipline weekly:

**Red: Cardio**

**Orange: HIIT (High Intensity Interval Training)**

**Purple: Strength/Toning**

**Blue: Cardio/Toning**

**Green: Mind/Body**

Les Mills BODYCOMBAT®	You'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial arts inspired workout will motivate you to make the most of every round. Relieve stress, have a blast and feel like a champ!
Les Mills CORE®	Inspired by elite athletic training principles, a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
Les Mills RPM®	With great music pumping, your instructor takes you on a journey of hill climbs, sprints and flat road riding. You repeatedly rotate the pedals to reach your cardio peak then ease back down. Lift your personal performance and boost your cardio fitness.
Zumba®	An energizing dance fitness class featuring Latin and International music. It's exercise in disguise! You'll burn calories and have a great time doing it!
Carley's Choice	A 50-minute, circuit routine of exercises designed to work every muscle group. This workout will challenge your heart and lungs as well as your muscles. A fat-burning, muscle-toning, fun workout for all fitness levels.
Les Mills SPRINT®	A 30-minute workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. This workout drives your body to burn calories for hours.
SWEAT	A 30-minute interval training session focusing on building cardiovascular fitness while improving muscular strength and endurance.
Les Mills BODYPUMP®	The ideal workout for anyone looking to get lean, toned and fit—fast. Using light to moderate weights with lot of repetition, BODYPUMP gives you a total body workout. Leave class feeling challenged and motivated, ready to come back for more!
Pilates	A low impact exercise program designed to strengthen and tone the muscles of the abdomen, lower back, and buttocks while helping to improve overall flexibility, coordination, breathing awareness and postural alignment.
RockSteady®	Exercise emphasizing gross motor movement, balance, core strength, and rhythm, which could favorably impact those with Parkinson's Disease, including range of motion, flexibility, posture, gait, and activities of daily living.
Silver Sneakers® Classic	Move to music through a variety of exercises using handheld weights, elastic tubing with handles and a ball. Chair is used for seated and/or standing support.
Enhance®Fitness	Upper and lower body weight exercises are alternated with non-impact aerobics combined with a standing circuit workout. A chair is offered for support, stretching and relaxation.
Step & Strength	Fun, high energy class using a height-adjustable step with movements on, over and around the platform combined with effective strength training exercises.
Les Mills BODYBALANCE®	Bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while inspiring music plays. Breathing control is a part of all exercises, and instructors will always provide options for all fitness levels. Strengthen your entire body and leave feeling calm and centered.
Yoga	Method of learning that combines posture, breathing and focus to promote strength, flexibility, stamina, balance and deep relaxation of the mind and body.



Knox County Family YMCA 1324 W. Carl Sandburg Dr. Galesburg, IL 61401  
 Downtown Galesburg YMCA 200 E. Main St. Galesburg, IL 61401  
 Early Learning Center 192 E. South St. Galesburg, IL 61401  
[www.knoxyymca.org](http://www.knoxyymca.org)

