Effective 10/17/26
(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
BODYPUMP® 5:15–5:45am	BODYCOMBAT® 5:15–6:00am	BODYPUMP® 5:15–5:45am	BODYCOMBAT® 5:15–6:00am	BODYPUMP® 5:15–5:45am		
BODYPUMP® 6:00–6:45am	BODYPUMP® 6:15–6:45am	BODYPUMP® 6:00–6:45am	BODYPUMP® 6:15–6:45am	BODYPUMP® 6:00–6:45am		
Silver Sneakers® 8:00–8:50am Doug	Enhance®Fitness 8:00–8:50am Doug	Silver Sneakers® 8:00–8:50am Doug	Enhance®Fitness 8:00–8:50am Doug	Silver Sneakers® 8:00–8:50am Sally	GRIT® Strength 8:45–9:15am	
Zumba® 9:00–10:00am Susie	Yoga 9:15–10:15am Michele	Zumba® 9:00–10:00am Susie	Yoga 9:15–10:15am Roxie	BODYPUMP® 9:30–10:30am Gianina	BODYPUMP® Express 9:30–10:15am	
BODYCOMBAT® 10:15–11:15am	Silver Sneakers® 10:30–11:20am Sally	BODYPUMP® Express 10:15–11:00am	Silver Sneakers® 10:30–11:20am Sally		GRIT® Strength 10:30–11:00am	BODYPUMP® Express 10:30–11:15am
RockSteady® 12:30–2:00pm John		RockSteady® 12:30–2:00pm John		RockSteady® 12:30–2:00pm John		BODYCOMBAT® Express 11:30am–12:15pm
BODYPUMP® Express 5:30–6:15pm Trisha	BODYPUMP® 5:30–6:30pm Gianina	BODYBALANCE® 5:30–6:30pm Gwen	BODYCOMBAT® Express 5:30–6:15pm Trisha			

Downtown Galesburg YMCA Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT 5:15–5:45am	SPRINT 5:15–5:45am	SPRINT 5:15–5:45am	SPRINT 5:15–5:45am	SPRINT 5:15–5:45am		
SWEAT 6:00–6:30am Kiersty	RPM® 6:00–6:45am	RPM® 6:00–6:45am	RPM® 6:00–6:45am	RPM® 6:00–6:45am		
GRIT® Athletic 7:00–7:30am	SPRINT 7:00–7:30am	GRIT® Strength 7:00–7:30am	SPRINT 7:00–7:30am	GRIT® Athletic 7:00–7:30am	SPRINT® 7:00–7:30am Michelle	SPRINT® 7:00–7:30am
Step & Strength 8:50–9:50am Roxie		Step & Strength 8:50–9:50am Roxie			GRIT® Strength 9:30–10:00am	BODYPUMP® Express 9:30–10:00am
Pilates 10:15–11:00am Michele	Pilates 9:30–10:15am Carol	Pilates 10:15–11:00am Roxie	Pilates 9:30–10:15am Michele	SPRINT® 10:15–10:45am	RPM® 10:15–11:05am	RPM® 10:15–11:05am
SPRINT® 12:15–12:45pm	RPM® 12:15–1:05pm	BODYPUMP® 12:15–1:00pm	BODYCOMBAT® 12:15–1:00pm	RPM® 12:15–1:05pm	RPM® 12:15–1:05pm	RPM® 12:15–1:05pm
BODYPUMP® 4:30–5:00pm	SPRINT® 4:45–5:15pm	BODYPUMP® 4:30–5:00pm	SPRINT® 4:45–5:15pm Michelle	BODYPUMP® 4:30–5:00pm	CORE® 1:15–1:45pm	CORE® 1:15–1:45pm
RPM® 5:30–6:15pm Darla	Zumba® 5:30–6:30pm Jodi	SPRINT® 5:30–6:00pm Michelle	Zumba® 5:30–6:30pm Jan	SPRINT® 5:30–6:00pm		
		SWEAT 6:15–6:45pm Kiersty		SPRINT® 6:15–6:45pm		

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!
Elevate	Elevate is a heart-pumping, full-body workout designed to torch calories and build lean muscle. This workout combines explosive cardio bursts with dynamic strength exercises. You will push your limits through timed intervals, intentional recovery blocks, and strength exercises.
Les Mills GRIT® Athletic	A 30-minute interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.
Les Mills GRIT® Strength	LES MILLS GRIT™ Strength is a 30 minute interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.
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
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