

## JC Health & Fitness - Yorkville Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM	Closed	FITWAVE	FITWAVE	TEAMWAVE	FITWAVE	FITWAVE	
6:00-7:00 AM	Closed	FITWAVE	FITWAVE	TEAMWAVE	FITWAVE	FITWAVE	
7:00-8:00 AM		OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	
8:00-9:00 AM							
9:00-10:00 AM		FITWAVE/KC	FITWAVE	TEAMWAVE/KC	FITWAVE	FITWAVE/KC	TEAMWAVE
10:00-11:00 AM		Special Events/PT	Active Adults	Special Events/PT	Active Adults	Special Events/PT	Special Events/PT OPEN COURT
11:00-12:00 AM		Special Events/PT	Special Events/PT	Special Events/PT	Special Events/PT	Special Events/PT	Special Events/PT OPEN COURT
12:00-2:00 PM		Special Events/PT	Special Events/PT	Special Events/PT	Special Events/PT	Special Events/PT	Gym Closes at 10 am Open Court 10a-2p
2:00-4:00 PM		OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	OPEN GYM OPEN COURT	Special Events/PT	
4:00-5:00 PM		FITWAVE Athletics	FITWAVE Athletics	TEAMWAVE Athletics	FITWAVE Athletics	Special Events/PT	
5:00-6:00 PM		FITWAVE	FITWAVE	TEAMWAVE	FITWAVE	Close 4:30 pm	
6:00-7:00 PM		FITWAVE	FITWAVE /GFIS Pre-K Fun	TEAMWAVE	FITWAVE /GFIS Pre-K Fun		
		Close	OPEN COURT 5-7pm	Close	OPEN COURT 5-7pm		

**FitWave Class** - FitWave classes are group fitness programmed classes that are both challenging and exciting. It constantly assesses your endurance, strength and power over a "waved" period of time...all while bringing a sense of community and pride during your fitness journey. This is NOT a competitive style class, rather gives JC staff the ability to always individualize each group fitness class to help encourage improvements of strengths and weaknesses. These classes are sure to make any age and ability level stronger and progress safely. Mondays and Thursdays are geared toward upper body. Tuesdays and Fridays are geared toward lower body.

**TeamWave Class** - TeamWave classes are Wednesdays and Saturdays. These classes are geared toward full body cardio type of workouts. They incorporate team building and a sense of FUN during your workout! It's a great way to workout with partners, teams, and sometimes, the entire class!

**FitWave Athletics** - This class is geared toward more of our athletic demographic. It incorporates more speed, agility, and plyometric training needed to encourage any athlete to reach the next level of performance, along with building greater amounts of strength and power.

**Active Adults Class** - This class is geared toward, but not limited to, our 60+ aged population, along with those that have limiting medical conditions. It's never too late to become active and learn healthier living!

Learn healthier living.

[FitWave/Kids Corner](#) - This class time speaks to those busy parents that deserve some time to improve their own health & fitness, but to also have their kids involved in their own fitness class. Increase your activity level with a trainer instructed class and have your children do the same. Note: Kids Corner is a \$3 drop in fee per child.

On Tuesday/Thursday, Go For It Sports offer a Preschool/Youth FUNctional class for \$10/class.