



01.jpg

BLOCK THERAPY
Tuesday and Thursday
9:15-10:15 AM
WITH LYNN



02.jpg



03.jpg



TONING
with Terri

Tuesdays and Thursdays
12:15-12:45



04.jpg

OKINAWA GOJURYU
KARATE-DO
JACKSONVILLE GOEIKAI
Instructor Steven Foster



Teaching balance and harmony not only in karate, but in mind and spirit.

Class Schedule
(90-minute classes)


Two Day a Week Option	One Day a Week Option
Monday & Thursday	Monday OR Thursday
6-7 PM Ages 7-15	6-7 PM Ages 7-15
7-8 PM Ages 16+	7-8 PM Ages 16+
Members \$50, Non-Members \$60	Members \$25, Non-Members \$30

Uniform:
Not required, but can be purchased through the instructor.

What to bring to class:
A positive attitude.
Parents are welcome to come and watch.

SCAN CODE or SIGN UP AT THE FRONT DESK.



05.jpg



1725 W Morton Ave, Jacksonville, IL

(217) 291-0415

f i t



Our Amenities:

- Connecting Rooms
- Free WiFi
- Indoor Pool
- Business Center
- Free Hot Breakfast
- Fitness Center
- Digital Key
- Meeting Rooms
- Free Parking
- Streaming Entertainment
- Pet-Friendly Rooms



06.jpg

Check out a flyer at the front desk to see all of our times for Spin

07.jpg

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08.jpg

CHAIR YOGA
with Amy

Monday & Friday
10-10:45am




09.jpg

If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us
815-872-5040


Visual Solutions Visual Solutions Visual Solutions Visual Solutions Visual Solutions

10.jpg

Women on Weights

Tuesday/Thursday
1:15 - 2:00pm
with Amy

the Y



11.jpg

BOOTY BARRE

Tuesday / Thursday
8:15-9:00am



12.jpg

YOGA
with Kai

Monday & Wednesday
5:00 - 5:45pm

the Y



13.jpg

**DIFFICULTY SEEING?
JACIL CAN HELP!**

We can provide adaptive aids for ages 55 & older who are experiencing vision loss

- ★ Free equipment
- ★ Monthly low vision groups to learn new ways to use the vision you have
- ★ Low vision exams

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14.jpg

MOVE
With Khara

Wednesdays & Fridays
8:00 - 9:00 am

the Y



15.jpg

summer camp
June 1 - August 7

camp dates & themes

Week 1 - June 1-7	Cartoonish Wonder
Week 2 - June 8-14	Planet Health Heroes
Week 3 - June 15-21	Wild About Animals
Week 4 - June 22-28	Science & Superheroes
Week 5 - July 1-7	From Farm to Fun
Week 6 - July 8-14	Science Experiments
Week 7 - July 15-21	Follow the Leader
Week 8 - July 22-28	Space Adventure
Week 9 - Aug 1-7	Exploring Your Future

Registration Open
Monday March 16th

the Y



16.jpg

Aqua-Fit

Monday - Friday
8:30-9:30am & 6:00-7:00pm

the Y



17.jpg

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INVITES | FLYERS | STATIONARY

217-243-4258
320 E Morton Ave | Jacksonville



18.jpg

YMCA Adult Men's Softball League **the Y Tuesday Nights**
An 8-week season with a tournament at the end!

Registration Begins: February 23
Deadline: May 12
Games Begin: May 19
Team Fee: \$500



Get Team Roster Forms, Pay and Sign Up at the YMCA Front Desk or online at jacksonvilleymca.org!
Questions? Contact Glenn Pickens at 217-245-2141.
Official Softball: 12" bat with COR of 0.52, with the ball compression at 300.0 lbs.

the Y YOGA
Saturdays ~ 9:15-10:00am
with Kai

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19.jpg

20.jpg

21.jpg



22.jpg

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23.jpg