



YMCA of McDonough County  
**FITNESS CLASSES - Fall I 2017\*\***  
 September 11 - October 21, 2017

**No classes during the Annual Shut-down, August 28-September 3**

Check out the free classes during Open House Week!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Cardio w/ Karen*		5:30 ~ 6:15 am		5:30 ~ 6:15 am		
HIIT Workout w/Christine*			5:30 ~ 6:15 am		5:30 ~ 6:15 am	
Master Builders w/ Amy		8:00 ~ 9:00 am		8:00 ~ 9:00 am		
Step Interval with Cindy* ^		8:30 ~ 9:30am		8:30 ~ 9:30am		
Pilates w/Heather*	8:00 ~ 8:45 am				8:00 ~ 8:45 am	
Intermediate Pilates w/Candace*	<i>Class held in GC</i>	8:00 ~ 8:50am		8:00 ~ 8:50am		
Yoga with Pam*			8:00 ~ 8:50 am			
Zumba Gold w/ Kara*	9:00 ~ 9:50 am		9:00 ~ 9:50 am			
Weekend Warriors(NSG)						8:00 AM
Aerial Arts w/ Jesse						9:00-10:30am
Forever Fit (Sr. Center)			10:00 AM			
Balance-Stretch-Strength w/ Kathy*	10:00 ~10:50 am		10:00 ~10:50 am		10:00~10:50 am	
Yoga AM with Karen*		10:00 ~10:50 am		10:00 ~10:50 am		
Circuits w/ Cindy* ^		12:10 ~ 12:45 pm		12:10 ~ 12:45 pm		
Rock Steady Boxing	12:15 ~ 1:15 pm		12:15 ~ 1:15 pm		12:15 ~ 1:15 pm	
Beginner HIIT w/ Christine*		4:15 ~ 5:00 pm		4:15 ~ 5:00 pm		
Cycle/Strength w/ Jill	5:10 ~ 5:55 pm					
Yoga with Julie*			5:05 ~ 5:55 pm			
Dance Unlimited w/Courtnee*		5:15 ~ 6:00 pm				
Relax/Rejuvenate w/Heather*				5:05 ~ 5:50 pm		
Total Training Camp w/Courtnee*	6:00 ~ 6:50 pm		6:00 ~ 6:50 pm			
<b>NORTHSIDE GYM CLASSES</b>	NSG Classes start September 4!					
Morning class MTTH	5:00 AM	5:00 AM		5:00 AM		
Morning Strength-W/F			5:00 AM		5:00AM	
Morning class MWF	6:00 AM		6:00 AM		6:00AM	
Morning class TTHS		6:00 AM		6:00 AM		7:00 AM
Weekend Warriors						8:00 AM
Fit over 50	9:00 AM	9:00 AM		9:00 AM		
Fit over 50	10:00 AM	10:00 AM		10:00 AM		
Lunchtime Strength-W/F			11:00 AM		11:00 AM	
Lunchtime 11am	11:00 AM	11:00 AM		11:00 AM		
Lunchtime 12 pm	12:00 PM	12:00 PM		12:00 PM		
Evening Class 4:30	4:30 PM	4:30 PM		4:30 PM		
Evening Class 5:30	5:30 PM	5:30 PM		5:30 PM		

Drop-in Option-\$4/Y member, \$7/Non-member

\*\* A minimum number need to be registered for the class to run.

8/10/2017

\*Class choice for Option's Plus members.

\*\*\*Class for people with Parkinson's Disease. Pay monthly.

^Five week class.