

YMCA of McDonough County

## NORTHSIDE GYM Classes-Summer I 2017

June 5-July 8, 2017--No classes July 4.

Class fees: Class meets three times per week: \$84/Y member \$42, Weekend Warriors: \$30/Y member \$15

Small Group Strength: \$80/Y member \$40, Starting Strength: \$180/Y member \$90,

Drop-in Fee: Y Member/\$5, Non-member /\$8



Northside Classes	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SAT
Morning class MTTH	5:00 AM	5:00 AM		5:00 AM		
Morning Strength-W/F			5:00 AM		5:00AM	
Morning classMWF\$90/45	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
Morning class-Beginner**	9:00 AM	9:00 AM		9:00 AM		
Fit over 50-Advanced	10:00 AM	10:00 AM		10:00 AM		
Lunchtime Strength-W/F			11:00 AM		11:00 AM	
<b>Start. Strength-Jr. High*</b>			12:00 PM*		12:00 PM*	
Lunchtime class 11am	11:00 AM	11:00 AM		11:00 AM		
Lunchtime class 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		

\*\*\***Weekend Warriors:** A great cardio/weight workout suitable for the newbie to the advanced warrior!

\*\***Morning-Beginner:** This class is appropriate for those just starting a weight-training program or over the age of 50.

\***Starting Strength-Junior High:** June 7-August 11. Learn the safe and age-appropriate way to train! No class 6/9, 7/5.