



YMCA of McDonough County FITNESS CLASSES - Spring I 2018

February 26 - April 14, 2018***No classes Spring Break March 12-16.

Member/Non-member Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Spin w/ Karen H. \$15/\$37.50	5:30 ~ 6:15 am					
Yoga w/ Karen H.* \$24/\$60		6:00 ~ 6:45 am		6:00 ~ 6:45 am		
HIIT w/Christine* \$24/\$60			5:30 ~ 6:15 am		5:30 ~ 6:15 am	
Int. Pilates w/Candace*** \$12/\$30	<i>Class held in GC</i>	8:00 ~ 8:50am		8:00 ~ 8:50am		
Master Builders w/ Amy \$24/\$60		8:00 ~ 9:00 am		8:00 ~ 9:00 am		
Step Interval w/ Cindy* \$24/\$60		8:30 ~ 9:30am		8:30 ~ 9:30am		
Gym Circuits w/ Kelley* \$15/\$37.50				8:10 ~ 9:00 am		
Pilates w/Heather* \$24/\$60	8:00 ~ 8:45 am				8:00 ~ 8:45 am	
Yoga with Pam* \$15/\$37.50			8:00 ~ 8:50 am			
Pickleball Free to Y members!	8:30 ~ 10:30am		8:30 ~ 10:30am		8:30 ~ 10:30am	
Fri. Cycle w/ Karen H. \$15/\$37.50					9:00 ~ 9:45am	
Zumba Gold w/ Kara* \$24/\$60	9:00 ~ 9:50 am		9:00 ~ 9:50 am			
Weekend Warriors(NSG) \$21/\$42						8:00 AM
Forever Fit (Sr. Ctr.) \$3		3:00 PM				
Balance-Stretch-Strength w/ Kathy*\$36/\$90	10:00 ~10:50 am		10:00 ~10:50 am		10:00~10:50 am	
Yoga AM w/ Karen MC* \$24/\$60		10:00 ~10:50 am		10:00 ~10:50 am		
POUND w/ Cindy**** \$24/\$60		12:10 ~ 12:45 pm		12:10 ~ 12:45 pm		
Rock Steady Boxing** \$20/\$25	12:15 ~ 1:15 pm		12:15 ~ 1:15 pm		12:15 ~ 1:15 pm	
HIIT w/ Christine* \$24/\$60		4:30 ~ 5:15 pm		4:30 ~ 5:15 pm		
Pickleball Free to Y members!		5:00pm		5:00pm		
Cycling w/ Jill \$15/\$37.50	5:10 ~ 5:55 pm					
Yoga with Julie* \$15/\$37.50			5:05 ~ 5:55 pm			
Cycle/Core w/ Kelley \$15/\$37.50		5:20 ~ 6:10 pm				
Zumba w/ Andrea* \$15/\$37.50			6:30 ~ 7:20 pm			
NORTHSIDE GYM CLASSES	NSG has classes during Spring Break! Class warm-up starts promptly-don't miss this important part of class!					
Morning class MTTH \$63/\$126	5:00 AM	5:00 AM		5:00 AM		
Morning Strength-W/F \$56/\$112			5:00 AM		5:00AM	
Morning class MWF \$63/\$126	6:00 AM		6:00 AM		6:00AM	
Morning class TTHS \$63/\$126		6:00 AM		6:00 AM		7:00 AM
Weekend Warriors \$21/\$42						8:00 AM
Fit over 50 \$63/\$126	9:00 AM	9:00 AM		9:00 AM		
Fit over 50 \$63/\$126	10:00 AM	10:00 AM		10:00 AM		
Lunchtime 11am \$63/\$126	11:00 AM	11:00 AM		11:00 AM		
Crunchtime \$63/\$126	12:10 PM	12:10 PM		12:10 PM		
Evening Class 4:30 \$63/\$126	4:30 PM	4:30 PM		4:30 PM		
Evening Class 5:30 \$63/\$126	5:30 PM	5:30 PM		5:30 PM		

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

*Class choice for Option's Plus members.

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

******POUND** workout begins the week of March 5! Circuits until that date.

Bold indicates new class or changed class.

NSG Crunchtime-A class designed for those on a time crunch - shorter and more intense.

2/14/2018

***Class runs March 26-April 14