



YMCA of McDonough County
 FITNESS AND AQUATIC CLASSES - Summer I 2017**

June 5 - July 8, 2017

No classes July 3 or July 4.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Bootcamp w/Yoga Chaser*w/ Karen		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		
Yoga with Pam*			8:00 ~ 8:50 am			
Weekend Warriors(NSG)						8:00 AM
Pilates with Candace-M*	8:00 ~ 8:50 am					
Pilates with Candace-W*			8:00 ~ 8:50 am			
Spin & Strength w/ Jill			9:00 ~ 9:50 am			
Mon. Pilates with Heather*	9:00 ~ 9:45 am					
Fri. Pilates with Heather*					9:00 ~ 9:45 am	
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		
Yogalate Lunch w/Candace*		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	
Short Circuits w/ Dylan *	4:15 ~ 5:00 pm		4:15 ~ 5:00 pm			
Yo-Pi Integration w/Alexis*	5:10 ~ 6:00 pm					
Spin & Strength w/ Jill		5:10 ~ 6:00 pm				
Yoga with Julie*			5:05 ~ 5:55 pm			
Short Circuits w/ Dylan *				6:15 ~ 7:00pm		
Water Fitness Classes						
Waterobics*	8:15 ~ 9:15 am		8:15 ~ 9:15 am		8:15 ~ 9:00 am	
Aqua Bootcamp*		8:15 ~ 9:00 am		8:15 ~ 9:00 am		
Water Walking*		8:15 ~ 9:00 am		8:15 ~ 9:00 am		
Adult Swim Clinic	9:15 ~ 10:00am		9:15 ~ 10:00am			
Arthritis/Mobility		9:00 ~ 10:00am		9:00 ~ 10:00am		
Water Workout *	2:00 ~ 3:00 pm		2:00 ~ 3:00 pm		1:00 ~ 2:00 pm	
Aqua Bootcamp*	5:15 ~ 6:00pm		5:15 ~ 6:00pm			
Aqua Fit*		7:15 ~ 8:00pm		7:15 ~ 8:00pm		
Adult Swim Clinic						8:45 ~ 9:30 am
Aqua Dance*						8:45 ~ 9:30 am

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

*Class choice for Option's Plus members.

^No class June 20 - June 29.

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

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