



YMCA of McDonough County
FITNESS CLASSES - Summer I 2018
 June 4 - July 7, 2018 YMCA is closed July 4.

Member/Non-member Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Parks and Rec w/ Karen H. \$12.50/\$31.25	5:30 ~ 6:15 am					
Yoga w/ Karen H.* \$20/\$50		6:00 ~ 6:45 am		6:00 ~ 6:45 am		
Int. Pilates w/Candace*** \$16/\$40	<i>Class held in GC</i>	8:00 ~ 8:50am		8:00 ~ 8:50am		
Master Builders w/ Amy \$20/\$50		8:00 ~ 9:00 am		8:00 ~ 9:00 am		
Yoga in the Park! 6/9 & 6/30^						8:00 ~ 9:00am
Step Interval w/ Cindy* \$20/\$50		8:30 ~ 9:30am		8:30 ~ 9:30am		
Pilates w/Heather et al* \$20/\$50	8:00 ~ 8:45 am				8:00 ~ 8:45 am	
Yoga with Candace* \$10/\$25			8:00 ~ 8:50 am			
Pickleball Free to Y members!	8:30 ~ 10:30am		8:30 ~ 10:30am		8:30 ~ 10:30am	
TRX Gym Circuits w/ Kelley*\$12.5/\$31.25						8:10 ~ 8:40 AM
Balance-Stretch-Strength w/ Kathy*\$28/\$70	10:15 ~11:05 am		10:15 ~11:05 am		10:15 ~11:05am	
Yoga AM w/ Karen MC* \$20/\$50		10:00 ~10:50 am		10:00 ~10:50 am		
POUNDFIT w/ Cindy \$20/\$50		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	
Forever Fit (Sr. Ctr.) \$3		3:00 PM				
Pickleball Free to Y members!		5:00pm		5:00pm		
Total Body Circuits w/ Jaclyn* \$12.50/\$31.25	5:15 ~ 6:00 pm					
Yoga with Julie* \$10/\$25			5:05 ~ 5:55 pm			
Cycle/Core w/ Kelley\$12.50/\$31.25		5:10 ~ 6:00 pm				
Fit Happens Outside! w/ Kelley*\$10/\$25			5:15 ~ 6:00pm			
Bootcamp w/ Jaclyn* \$12.50/\$31.25				5:15 ~ 6:00 pm		
Aerial Arts w/ Jesse \$25/\$62.50	Sundays from 2:00-3:30pm					
NORTHSIDE GYM CLASSES	No classes July 4th! Drop-in \$5/NM \$8					
Morning class MTTH \$45/\$112.50	5:00 AM	5:00 AM		5:00 AM		
Morning Strength-W/F \$36/\$90			5:00 AM		5:00AM	
Morning class MWF \$42/\$105	6:00 AM		6:00 AM		6:00AM	
Morning class TTHS \$45/\$112.50		6:00 AM		6:00 AM		7:00 AM
Weekend Warriors \$15/\$37.50						8:00 AM
Fit over 50 \$45/\$112.50	9:00 AM	9:00 AM		9:00 AM		
Junior High Conditioning Camp \$45/112.50			9:30 AM		9:30 AM	
Lunchtime Strength \$36/\$90			11:00 AM		11:00 AM	
Lunchtime 11am \$45/\$112.50	11:00 AM	11:00 AM		11:00 AM		
Crunchtime \$45/\$112.50	12:10 PM	12:10 PM		12:10 PM		
Evening Class 4:30 \$45/\$112.50	4:30 PM	4:30 PM		4:30 PM		
Evening Class 5:30 \$45/\$112.50	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.

^Citizen's Plaza-some mats available. Buy a Sat. Yoga class, get one FREE-\$5.

^Purchase at Front Desk or pay \$5 at the Park. All levels welcome.

***Class runs June 4 - 30. **BOLD** classes are new!

5/15/2018