



YMCA of McDonough County
FITNESS CLASSES - Winter 2018
 January 15 - February 24, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Spin w/ Karen H.	5:30 ~ 6:15 am					
Yoga w/ Karen H.*		6:00 ~ 6:45 am		6:00 ~ 6:45 am		
HIIT Workout w/Christine*			5:30 ~ 6:15 am		5:30 ~ 6:15 am	
Yoga w/ Karen H.*						7:30 ~ 8:30am
Master Builders w/ Amy		8:00 ~ 9:00 am		8:00 ~ 9:00 am		
Step Interval with Cindy*		8:55 ~ 9:55am		8:55 ~ 9:55am		
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			
Pickleball	8:30 ~ 10:30am		8:30 ~ 10:30am		8:30 ~ 10:30am	
Friday Cycle w/ Karen H.					9:00 ~ 9:45am	
Zumba Gold w/ Kara*	9:00 ~ 9:50 am		9:00 ~ 9:50 am			
Weekend Warriors(NSG)						8:00 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 MC*		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	
HIIT Workoutw/ Christine*		4:30 ~ 5:15 pm		4:30 ~ 5:15 pm		
Pickleball		5:00pm		5:00pm		
Cycling w/ Jill	5:10 ~ 5:55 pm					
Yoga with Julie*			5:05 ~ 5:55 pm			
Dance Unlimited w/Courtnee*		5:20 ~ 6:05 pm				
Zumba w/ Andrea*				5:40 ~ 6:30pm		
Total Training Camp w/Courtnee*	6:00 ~ 6:50 pm		6:00 ~ 6:50 pm			
NORTHSIDE GYM CLASSES	Please see Northside schedule for session information.					
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
*Class choice for Option's Plus members.

**Class for people with Parkinson's Disease. Pay monthly.
Bold indicates new class or changed class.

12/1/2017