



YMCA of McDonough County
 FITNESS CLASSES - Winter 2018 Sampler-BACK to BASICS!

January 2 - January 5, 2018 WEEK #1

FREE to Y members and Non-members!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Yoga w/ Karen H.*				6:00 ~ 6:45 am		Y
HIIT Workout w/Christine*	N				5:30 ~ 6:15 am	M
Master Builders w/ Amy	O			8:00 ~ 9:00 am		C
Step Interval with Cindy*				8:30 ~ 9:30am		A
Pilates with Heather	C				8:00 ~ 8:45 am	
Yoga with Pam*	L		8:00 ~ 8:50 am			C
Friday Cycle w/ Karen H.	A				9:00 ~ 9:45am	L
Balance-Stretch-Strength w/ Kathy*	S		10:00~10:50 am			O
Yoga AM with Karen MC*	S	10:00 ~10:50 am				S
Circuits w/ Cindy*	E	12:10 ~ 12:45 pm				E
HIIT Workoutw/ Christine*	S			4:30 ~ 5:15 pm		D
Yoga with Julie*	YMCA open		5:05 ~ 5:55 pm			
Dance Unlimited w/Courtnee*	Noon to 5:00pm	5:20 ~ 6:05 pm				
Total Training Camp w/Courtnee*			6:00 ~ 6:50 pm			

January 8 - January 13, 2018 WEEK #2

FREE to Y members and Non-members!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Spin w/ Karen H.	5:30 ~ 6:15 am					
Yoga w/ Karen H.*				6:00 ~ 6:45 am		
HIIT Workout w/Christine*			5:30 ~ 6:15 am			
Yoga w/ Karen H.*						7:30 ~ 8:20am
Master Builders w/ Amy				8:00 ~ 9:00 am		
Step Interval with Cindy*				8:30 ~ 9:30am		
Pilates w/Heather*					8:00 ~ 8:45 am	
Yoga with Pam*			8:00 ~ 8:50 am			
Zumba Gold w/ Kara*			9:00 ~ 9:50 am			
Balance-Stretch-Strength w/ Kathy*	10:00 ~10:50 am				10:00~10:50 am	
Yoga AM with Karen MC*		10:00 ~10:50 am				
Circuits w/ Cindy*		12:10 ~ 12:45 pm				
HIIT Workoutw/ Christine*				4:30 ~ 5:15 pm		
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				
Total Training Camp w/Courtnee*			6:00 ~ 6:50 pm			