



YMCA of McDonough County FITNESS CLASSES - Winter 2019

January 14-February 24, 2019

YMCA closed January 5 for Annual Dolphin Swim Invitational.

Member/Non-member Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
TRX/Cycle Circuits w/Karen H.*\$24/\$60	5:30 ~ 6:15 am		5:30 ~ 6:15 am			
Rise N Shine Cycle w/Karen H. \$24/\$60					5:30 ~ 6:15 am	
Yoga w/ Karen H.* \$24/\$60		6:00 ~ 6:45 am		6:00 ~ 6:45 am		
Int. Pilates w/Candace* \$18/\$45^	<i>Class held in GC</i>	8:00 ~ 9:00am		8:00 ~ 9:00am		
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		
Pilates w/Heather* \$24/\$60	8:00 ~ 8:45 am				8:00 ~ 8:45 am	
Yoga with Gloria* \$20/\$50			8:00 ~ 8:50 am			
Pickleball Free to Y members!	8:30 ~ 10:30am		8:30 ~ 10:30am		8:30 ~ 10:30am	
Zumba Gold w/ Kara* \$24/\$60	9:00 ~ 9:50am		9:00 ~ 9:50am			
Friday Cycle w/ Heidi \$15/\$37.50					9:00 ~ 9:45am	
Balance-Stretch-Strength w/ Kathy*\$36/\$90	10:00 ~10:50 am		10:00 ~10:50 am		10:00 ~10:50am	
Yoga AM w/ Karen MC* \$24/\$60		10:00 ~10:50 am		10:00 ~10:50 am		
POUNDFIT 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	
Pickleball Free to Y members!		5:00pm		5:00pm		
Total Body Circuits w/ Jaclyn* \$15/\$37.50	5:15 ~ 6:00 pm					
Cycle/Core w/Kelley \$15/\$37.50		5:10 ~ 6:00 pm				
TRX Circuits! w/ Kelley*\$15/\$37.50			5:15 ~ 6:00pm			
Yoga PM w/ Karen H.*\$15/\$37.50				5:10 ~ 6:00pm		
Saturday Zumba! w/ Joey* \$15/\$37.50						9:00am
Zumba Kids(7+) w/ Joey \$15/\$37.50						10:00am
Sunday Zumba! w/ Joey* \$15/\$37.50						1:00pm
Beginner Aerial Arts w/Jesse \$33/\$82.50	Sundays 2:00-3:15pm					
Inter/Adv Aerial Arts /w Jesse \$33/\$82.50	Sundays 3:15-4:30pm					
NORTHSIDE GYM CLASSES	Drop-in class pass-Y member-\$5/ Non-member-\$8.					
Morning class MWF w/ Cari \$78/\$156	5:00 AM		5:00 AM		5:00 AM	
Morning class TTH w/ Jaclyn \$51/\$127.50		6:00 AM		6:00 AM		
Fit over 50 w/ Heidi \$78/\$156	9:00 AM	9:00 AM		9:00 AM		
Lunchtime 11am w/ Heidi \$78/\$156	11:00 AM	11:00 AM		11:00 AM		
Evening Class 4:30 w/ Cari \$51/\$127.50	4:30 PM		4:30 PM		4:30 PM	
Evening Class 5:30 w/ Cari \$78/\$156	5:30 PM		5:30PM		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.

^ Class starts Jan. 24.

^^No class October 25. ^^^No class October 25 or Nov. 8.

^^^Hiit/Yoga Workout three times in session