



YMCA of McDonough County
 FITNESS CLASSES - Winter 2019 Sampler-BACK to BASICS!

January 7 - January 13, 2019

FREE to Y members and Non-members!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Yoga w/ Karen H.		6:00-6:45 am				
Try TRX! w/ Karen H.			6:00-6:30 am			
Friday Cycle w/ Karen H.					5:30-6:15 am	
Zumba Gold w/ Kara	9:00-9:50am					
Saturday Zumba w/ Joey						9:00-9:50am
Master Builders w/ Amy		8:00 ~ 9:00 am				
Step Interval with Cindy				8:30 ~ 9:30am		
Pilates with Heather					8:00 ~ 8:45 am	
Yoga with Karen MC				10:00-10:50am		
Chair Yoga w/ Heidi (Sr.Ctr.)			10:00am			
Wed Cycle w/ Heidi			11:00-11:45 am			
Balance-Stretch-Strength w/ Kathy	10:00~10:50 am					
POUNDFIT w/ Cindy				12:10 ~ 12:45 pm		
Cycle/Core w/ Kelley		5:10-6:00pm				
TRX Circuits w/ Kelley			5:15-6:00pm			
Yoga PM w/ Karen H.				5:10-6:00pm		



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