



YMCA of McDonough County
FITNESS CLASSES - Spring I 2019^^
 February 25 - April 13, 2019

No classes Spring Break March 11-17, 2019 or March 23 and 24 due to Outdoor Show.

Member/Non-member Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
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* \$24/\$60	<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	
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	
Chair Yoga w/ Heidi \$3/60+ or \$5			10:00 AM			
Yoga AM w/ Karen MC* \$24/\$60		10:00 ~10:50 am		10:00 ~10:50 am		
Wednesday Cycle w/ Heidi \$15/\$37.50			11:00 ~ 11:45 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* \$12.50/\$31.25						9:00am
Sunday Family Zumba! w/ Joey^ \$20/\$50						1:00pm
NORTHSIDE GYM CLASSES	Drop-in class pass for NSG-Y member-\$5/ Non-member-\$8. NSG will have classes Spring Break.					
Morning class MWF w/ Cari \$63/\$126	5:00 AM		5:00 AM		5:00 AM	
Morning class TTH w/ Jaclyn \$42/\$84		6:00 AM		6:00 AM		
Fit over 50 w/ Heidi \$63/\$126	9:00 AM	9:00 AM		9:00 AM		
Lunchtime 11am w/ Heidi \$63/\$126	11:00 AM	11:00 AM		11:00 AM		
Evening Class 4:30 w/ Cari \$63/\$126	4:30 PM		4:30 PM		4:30 PM	
Evening Class 5:30 w/ Cari \$63/\$126	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.

^Fee covers one adult and one child (6+). Additional person: \$10/\$25

^^Classes may be cancelled due to insufficient enrollment.

2/22/2019