



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 w/Karen H.*\$12/\$30			6:00 ~ 6:30am			
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	
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* \$15/\$37.50						9:00am
Zumba Kids(7+) w/ Joey \$15/\$37.50						10:00am
Sunday Zumba! w/ Joey* \$15/\$37.50						1:00pm
Level 1/3 Aerial Arts w/Jesse \$33/\$82.50	Sundays 2:00-3:15pm					
Level 2 Aerial Arts /w Jesse \$33/\$82.50	Sundays 3:15-4:30pm					
NORTHSIDE GYM CLASSES	Classes begin January 2, 2019! Drop-in class pass-Y member-\$5/ Non-member-\$8.					
Morning class MWF w/ Cari \$69/\$138	5:00 AM		5:00 AM		5:00 AM	
Morning class TTH w/ Jaclyn^^^ \$36/\$72	<i>Start date is Jan. 14</i>	6:00 AM		6:00 AM		
Fit over 50 w/ Heidi \$66/\$132	9:00 AM	9:00 AM		9:00 AM		
Lunchtime 11am w/ Heidi \$66/\$132	11:00 AM	11:00 AM		11:00 AM		
Evening Class 4:30 w/ Cari \$69/\$138	4:30 PM	<i>New Times!</i>	4:30 PM		4:30 PM	
Evening Class 5:30 w/ Cari \$69/\$138	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.

^^Classes may be cancelled due to insufficient enrollment.

^^^Class begins January 14.