

YMCA of McDonough County  
 FITNESS AND AQUATIC CLASSES - WINTER 2012  
 January 16 - March 3, 2012

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio, Core, Circuit-gym	5:45 ~ 6:30 am		5:45 ~ 6:30 am			
Master Builders**	8:00 ~ 9:00 am		8:00 ~ 9:00 am			
Cardio Mix-Dance Fusion	<b>8:30 ~ 9:30 am</b>					
Cardio Mix ~ Step		<b>8:30 ~ 9:15 am</b>	<b>8:30 ~ 9:30 am</b>	<b>8:30 ~ 9:15 am</b>		
Simply Sculpt!		<b>9:15 ~ 10:00 am</b>		<b>9:15 ~ 10:00 am</b>		
Waterobics	9:00 ~ 10:00 am	9:00 ~ 10:00 am	9:00 ~ 10:00 am	9:00 ~ 10:00 am	9:00 ~ 10:00 am	
Saturday Power Hour*						9:00 ~ 10:00 am
Aqua Fit						9:00 ~ 9:45 am
Pilates Friday					9:00 ~ 9:45 am	
Yoga AM		10:05 ~10:55 am		10:05 ~10:55 am		
Balance-Stretch-Strength	10:00 ~10:50 am		10:00 ~10:50 am		10:00~10:50 am	
Master Builders**	11:00 ~ 12:00 am		11:00 ~ 12:00 am			
Water Workout	1:30 ~ 2:30 pm		1:30 ~ 2:30 pm		1:30 ~ 2:30 pm	
Step Variety	4:45 ~ 5:35 pm		4:45 ~ 5:35 pm			
Muscle Mix	5:40 ~ 6:30 pm		5:40 ~ 6:30 pm			
Hula Dance***Gym center	5:45 ~ 6:45 pm					
Dance Fusion (formally Zumba)	6:00 ~ 6:50 pm		6:00 ~ 6:50 pm			
Small Group Personal Training-Interested? Contact Cindy Cavett						
Pilates Lunch		12:10 ~ 12:50 pm		12:10 ~ 12:50 pm		
Arthritis Aquatics		1:30 ~ 2:30 pm		1:30 ~ 2:30 pm		
Pilates!		4:30 ~5:15 pm		4:30 ~5:15 pm		
Step n' Sculpt		5:30 ~ 6:20 pm		5:30 ~ 6:20 pm		
Group Strength Training		6:30 ~ 7:30 pm		6:30 ~ 7:30 pm		
Yoga PM		6:30 ~ 7:30 pm				
Independent Group Training		7:30 ~ 8:30pm				
Aqua Fit		7:15 ~ 8:00 pm		7:15 ~ 8:00 pm		
Tai Chi Wednesdays			1:30 ~ 2:30 pm			
Tai Chi	Please contact Front					
Tae Kwon Do-Youth/Adult	Desk for time/place.					

**The Cardio Mix price includes Simply Sculpt!. The Simply Sculpt class may be purchased separately.**

\* Saturday Power Hour- \$2 for Y members, \$6 for Non-members. Class activity varies.

\*\* This 12-week class runs January 23 - April 18, 2012

\*\*\*Class will be off one week & end the week of March 10.

Fitness Mission

To enhance the quality of life for class participants through classes that build a healthy spirit, mind and body for all.