

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

McCormick Tribune YMCA, 1834 North Lawndale Avenue, Chicago IL 60647 (773)235-2525

Monday

Time	Class Name	Location	Instructor
9:00-9:45am	SilverSneakers MSRC	Aerobics	Leila
10:00-11:00am	*NIA*	Aerobics	Valerie
5:15-5:45pm	Core Abs	Aerobics	Juan
6:00-7:00pm	Yth Karate, Age 5+	Aerobics	Juan
6:10-7:10pm	Yoga/Meditation	Multipurp	Andrea
7:15-8pm	*Women's Boxing*	Wellness	Andrea
7:15-8:00pm	Zumba	Aerobics	Adriana
7:15-9:00pm	Aikido	Multipurp	Jamie

Friday

Time	Class Name	Location	Instructor
6:00-6:45am	*Body Combo*	Wellness	Mary
9:00-9:45am	SilverSneakers MSR	Aerobics	Lelia
10:00-11:30am	Hatha Yoga	Aerobics	Dennis
5:15-5:45 pm	Core Abs	Aerobics	Juan
6:00-7:00pm	Yth Karate, Age 5+	Aerobics	Juan
6:00-8:00pm	Kids Fun Club	Gym	Rolando
6:00-8:00pm	Kung Fu	Multipurp	Daniel

Tuesday

Time	Class Name	Location	Instructor
6:15-7:00am	Cycle & Yoga	Cycle	Alt
10:30-11:30am	1hr Body Lift	Aerobics	Adriana
11:35-12:05am	Body Stretch	Aerobics	Adriana
6:00-8:00pm	Kids fun Club	Gym	Rolando
6:15-6:55pm	Kids Yoga	Multipurp	Andrea
6:10-6:55pm	*Pilates*	Aerobics	Adriana
7:00-8:00 pm	Advanced Cycle	Cycle	Andrea
7:00-8:00pm	Cardio Kick Boxing	Aerobics	Juan

Saturday

Time	Class Name	Location	Instructor
8:45-9:45am	Muscle Sculpt	Aerobics	Tricia
9:00-10:00am	Cycle	Cycle	Andrea
10:05-11:15am	Yoga/Meditation	Aerobics	Andrea
11:20-12:05pm	*Pilates*	Aerobics	Adriana
12:30-1:55pm	Hatha Yoga	Aerobics	Dennis
12:30-1:30pm	Adult/Teen Karate	Multipurp	Juan

Wednesday

Time	Class Name	Location	Instructor
9:00-9:45am	Silver Sneakers Yoga	Aerobics	Leila
5:15-5:45pm	Core Abs	Aerobics	Juan
6:15-6:55pm	Kids yoga	Multipurp	Andrea
6:00-7:00pm	Yth Karate, Age 5+	Aerobics	Juan
7:00-8:15pm	Hatha Yoga	Aerobics	Laura
7:15-8:15pm	Adult/Teen Karate	Multipurp	Juan

Thursday

Time	Class Name	Location	Instructor
6:15-7:00am	Cycle & Yoga	Cycle	Karen
9:00-9:45am	*Sticks & Strength*	Aerobics	Karen
10:30-11:15am	Kids stuff for tots	Cycle	Karen
10:30-11:30am	1hr Body Lift	Aerobics	C.K.
11:35-12:05pm	Body Stretch	Aerobics	Karen
6:00-7:00pm	Kids Cardio Kick Boxing	Muti-purp	Juan
6:00-6:45pm	Zumba	Aerobics	Adriana
7:00-8:00 pm	Advanced Cycle	Cycle	Andrea
7:00-8:00pm	Cardio Kick Boxing	Muti-purp	Juan
7:00-8:00 pm	Boot Camp	Aerobics	Sedrick

Personal Training! Sign up at the front desk!

Check out our new classes!!! Pilates, Body Tone, Nia, Body Combo, Women's Boxing, Sticks & Strength!!

New Classes

Sunday

Time	Class Name	Location	Instructor
10:15-11:15am	Group Cycle	Cycle	KC
11:30-12:30pm	*Body Tone*	Aerobics	KC

Classes are BIA beginner immediate advanced unless otherwise marked.

BI = Beg. IA Intermediate.

See reverse for class description.

Classes are subject to change due to class size. There must be a minimum of four participants to continue to schedule classes.

Shaded classes are fee based classes

See our front desk for registration information.



Winter 1 1/04/2010-2/20/2010