

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

www.mccormicktribuneymca.org

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

Monday

Time	Class Name	Location	Instructor
9:00-9:45am	SilverSneakMSROM	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+	Multipurp	Juan
6:10-7:10pm	Yoga/Meditation	Multipurp	Andrea
7:15-8pm	Women's Boxing	Wellness	Andrea
7:05-8:00pm	Zumba	Gym	Adriana
7:15-9:00pm	Aikido	Multipurp	Jamie

Tuesday

Time	Class Name	Location	Instructor
6:15-7:00am	Cycle & Yoga	Cycle	Mary
10:30-11:30am	Hour of Power	Aerobics	Adriana
11:35-12:05am	Body Stretch	Aerobics	Adriana
5:00-6:00pm	Body Tone	Aerobics	KC
6:00-8:00pm	Kids fun Club	Gym	Rolando
6:05-7:00pm	* Men's Boxing*	Wellness	Juan
6:10-6:55pm	Pilates	Aerobics	Adriana
6:15-6:55pm	Kids Yoga	Multipurp	Andrea
7:00-8:00pm	*Sedrick's Bootcamp*	Aerobics	Sedrick
7:00-8:00 pm	Advanced Cycle	Cycle	Andrea
7:00-8:00pm	Cardio Kick Boxing	Multipurp	Juan

Wednesday

Time	Class Name	Location	Instructor
9:00-9:45am	SilverSneakersYogastre	Aerobics	Leila
10:15-11:00am	*Zumba Gold*	Aerobics	Adriana
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
10:30-11:30am	Hour of Power	Aerobics	C.K.
11:35-12:05pm	Body Stretch	Aerobics	Adriana
5:00-5:45pm	*Stability Ball Ex*	Aerobics	KC
5:05-6:00pm	*Men's Boxing*	Wellness	Juan
6:00-7:00pm	Kids Cardio Kick Boxing	Muti-purp	Juan
6:00-6:45pm	Zumba Tone	Aerobics	Adriana
7:00-8:00 pm	Cycle	Cycle	Alt
7:00-8:00pm	Cardio Kick Boxing	Muti-purp	Juan
7:00-8:00 pm	Sedrick's Boot Camp	Aerobics	Sedrick

Personal Training is here!! Sign up at the front desk!

Check out our new classes!!! Men's Boxing, Zumba Gold, Stability Ball Ex

Bootcamp has added another day for the Summer!! Zumba is now in the Gymnasium on M/F!!!

Summer 1 6/13/2010-8/21/2010

Friday

Time	Class Name	Location	Instructor
6:00-6:45am	Cycle & Yoga	Cycle	Mary
9:00-9:45am	SilverSneakMSROM	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	Multipurp	Rolando
7:05-8:00pm	Zumba	Gym	Adriana

Saturday

Time	Class Name	Location	Instructor
8:45-9:45am	Muscle Sculpt	Aerobics	Tricia
9:00-9:55am	Cycle	Cycle	Andrea
10:00-11:00am	Yoga/Meditation	Aerobics	Andrea
11:20-12:05pm	Pilates	Aerobics	Adriana
11:30-12:30pm	Adv Yth Karate Age 5+	Multipurp	Juan
12:35-1:35pm	Adult/Teen Karate	Multipurp	Juan
12:30-1:55pm	Hatha Yoga	Aerobics	Dennis

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.

