

Health & Fitness

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

www.mccormicktribuneymca.org

Monday

Time	Class Name	Location	Instructor
6:00-7:00am	Body Pump	Aerobics	Daniel
9:00-9:45am	SilverSneakMSROM	Aerobics	Jim
10:00-11:00am	NIA	Aerobics	Valerie
5:30-6:00pm	Juan's Core Abs	Aerobics	Juan
6:00-7:00pm	Yth Karate, Age 5+	Multipurp	Juan
6:05-7:05pm	Yoga/Meditation	Aerobics	Thomas
7:15-8:00pm	Adult Boxing	Multipurp	George
7:15-8:15pm	Adult/Teen Karate	Racq 2	Juan
7:15-9:00PM	Aikido	Aerobics	Jamie

Tuesday

Time	Class Name	Location	Instructor
9:00-10:00am	Cardio Kick Boxing	Aerobics	Juan
10:30-11:30am	Hour of Power	Aerobics	Adriana
11:35-12:05pm	Body Stretch	Aerobics	Adriana
6:00-7:00pm	Body Pump	Aerobics	Daniel
6:00-6:55pm	Pilates Sculpt	Multipurp	Lisa
6:10-7:05pm	Zumba	Gymnasium	Vaneza
7:10-8:10pm	Salsa	Aerobics	Vaneza
7:00-8:00pm	Cardio Kick Boxing	Multipurp	Juan
8:10-9:30pm	Jiu Jit Su	Aerobics	George

Wednesday

Time	Class Name	Location	Instructor
6:00-7:00am	Body Pump	Aerobics	Daniel
8:00-8:50am	Intro to Kung Fu	Aerobics	Stephen
9:00-9:45am	SilverSneakYOGA	Aerobics	Jim
10:15-11:00am	Zumba	Aerobics	Vaneza
5:30-6:00pm	Juan's Core Abs	Aerobics	Juan
6:00-7:00pm	Yth Karate, Age 5+	Multipurp	Juan
7:10-8:15pm	Hatha Yoga	Aerobics	Karalee
7:15-8:15pm	Adult/Teen Karate	Multipurp	Juan

Thursday

Time	Class Name	Location	Instructor
9:00-10:00am	Cardio Kick Boxing	Aerobics	Juan
10:30-11:30am	Hour of Power	Aerobics	C.K.
11:35-12:05pm	Body Stretch	Aerobics	Adriana
6:00-7:00pm	Body Combat	Multipurp	Juan
6:00-7:00pm	Sedrick's Bootcamp	Aerobics	Sedrick
7:00-8:00pm	Belly Dancing Fitness	Aerobics	Lisa
7:00-8:00pm	Cardio Kick Boxing	Multipurp	Juan
8:10-9:30pm	Jiu Jit Su	Aerobics	George

Personal Training is here!! Sign up at the front desk!
Try out Body Combat!!

Friday

Time	Class Name	Location	Instructor
6:00-7:00am	Spin & Combo	Cycle	Mary
9:00-9:45am	SilverSneakMSROM	Aerobics	Jim
10:00-11:30am	Hatha Yoga	Aerobics	Christine
5:30-6:00 pm	Juan's Core Abs	Aerobics	Juan
6:00-7:00pm	Body Pump	Aerobics	Daniel
6:00-7:00pm	Yth Karate, Age 5+	MultiPurp	Juan
6:10-7:05pm	Zumba	Gymnasium	Vaneza
7:10-8:10pm	Bachata	Aerobics	Vaneza

Saturday

Time	Class Name	Location	Instructor
8:30-9:30am	Body Pump	Aerobics	Tricia
9:30-10:30am	Yoga in Spanish	Multipurp	Gladys
9:45-10:45am	Yoga/Meditation	Aerobics	Christine
10:30-11:30am	Body Combat	Multipurp	Juan
11:00-12:00pm	Pilates Sculpt	Aerobics	Lisa
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	Marion
2:00-2:55pm	Jiu Jit Su	Multipurp	George
3:00-3:55pm	Adult Boxing	Multipurp	George

Sunday

Time	Class Name	Location	Instructor
10:00-11:00am	Hour of Power	Aerobics	Valerie
11:15-12:15pm	Abs-n-stretch	Aerobics	Valerie

Classes are BIA beginner immediate advanced unless otherwise marked.

BI = Beg. IA Intermediate.

See reverse for class description.

Shaded classes are fee based classes

See our front desk for registration information.



Spring II 4/15/2012-6/9/2012