



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



GROUP FITNESS CLASS SCHEDULE

SUMMER II SESSION

EVENING CLASSES

July 15 – August 24, 2019

| <u>TIME</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|----------------|---------------------------------------------------|----------------|------------------|-----------------|---------------|-----------------|
| 5:30 - 6:15 PM | Cardio & Strength | Y-Pump | Zumba® | Body Weight | | |
| 5:30 - 6:30 PM | Taekwondo Youth (5-11 Years Old) AP Room | | | | | |
| 6:30 - 7:30 PM | Taekwondo Adult (12 & Up) AP Room | | | | | |



BREAK A SWEAT WITH US

Warren County YMCA 700 West Harlem Ave., Monmouth, IL 309.734.3183 www.warrencountyyymca.org



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GROUP FITNESS CLASS DESCRIPTIONS:

BODY WEIGHT: This intensive class focuses on the full body using your bodyweight while building muscular endurance. **Instructor - Morgan**

CARDIO & STRENGTH: This 30-minute class combines high/low impact aerobics with strength training to achieve the ultimate high energy, fat burning workout. **Instructors - Andi**

Y-PUMP: Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Danielle**

ZUMBA®: Add a little sizzle to your week by combining high energy and motivating Latin music with unique moves and combinations. **Instructor - Michelle T.**

TAEKWONDO: This is a modern Korean martial art similar to Karate that helps with fitness, self-defense, and confidence. Taekwondo utilizes punches, jabs, chops, blocking, knees, leaps, and kicks.

Member Fee: FREE Non-Member Fee: \$30

Instructors - Jessica & Paul