



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**SOUTH CHICAGO YMCA MEMBER VALUE FITNESS CLASSES**  
**April 10, 2017 to June 3, 2017**

[www.ymcachicago.org/southchicago](http://www.ymcachicago.org/southchicago) -3039 E. 91st Street, Chicago, IL 60617

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:30a-10:30a</b> <b>Zumba Gold</b>  <b>Keshia</b>						
<b>6:30p-7:30p</b> <b>*NEW CLASS!</b> <b>Circuit City</b> <i>Combining strength and cardio in a circuit training format</i>  <b>Justyn</b>	<b>6:15p-7:05p</b> <b>Full Body Conditioning</b>  <b>Erica</b>		<b>6:15p-7:05p</b> <b>Full Body Conditioning</b>  <b>Erica</b>			
Classes Subject To Change or Cancellation ** ALL PAID CLASS FEES ARE DUE AT THE START OF THE SESSION**						