



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SOUTH SIDE YMCA MEMBER VALUE CLASSES Summer II | June 11th to August 14th, 2016

www.ymcachicago.org/southside - 6330 S Stony Island Ave Chicago, IL 60637

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-7:50a Full Body Strength Sandie	6-6:50a Pure Cardio Kylana		6-6:50a Pure Cardio Kylana			
7-7:50a Indoor Cycling Tonya	7-7:50a Power Hour (TNT) Sandy	7-7:50a Full Body Strength Sandie	7-7:50a Power Hour (TNT) Jose	7-7:50a Full Body Strength Sandie	8-8:50a Body Pump Keith/Kylana	
8:00-8:50a Core Express Linda		8-8:50a Core Express Linda	8-8:50a Cycle Strength (Spin,Sculpt,Sculpt) Judy	7:10-8:00a Indoor Cycling Jose	8-8:50a Indoor Cycling Judy	
9:00-10:00a Aqua Fit Large Pool Will	8-8:50a Cycle Strength (Spin,Sculpt,Sculpt) Renatta	9:00-10:00a Aqua Fit Large Pool Will	9-10a Yoga Leona	8-8:50a Bosu Step Tonya	9:10-10a Body Conditioning Louis	
9:00-10:00a (AOA) Stretch Linda	9-10a Yoga Leona	9-9:50a (AOA) Stretch Linda	10-10:50a Salsa Joe	9:00-10:00a Aqua Fit Large Pool Will	9:30-11a Yoga Studio C Karla	
10-10:50a Power Hour (TNT) Sandy	10:10-11:00a Fit Fusion Renatta	10-10:50a Power Hour (TNT) Jose	10:10-11a Fit Fusion Sandy	9-10a Yoga Hayley	10:10-11a Cardio Kickboxing Louis	
10-11a SILVERSNEAKERS MSROM Leona		10-11a SILVERSNEAKERS MSROM Leona	11:05-12p Pilates Studio A Iyiola		11:10-12:00p Pilates Iyiola	
11-12p SILVERSNEAKERS Cardio Linda	10:10-11:30a SILVERSNEAKERS Yoga Leona	11-12p SILVERSNEAKERS Cardio Linda	11-12p SILVERSNEAKERS Judy		11:10-12:00p Zumba Alisa	
11-12p Adaptive Fitness Studio A Louis	11:00-11:45a Aqua Fit Large Pool Joe	11-12p Adaptive Fitness Studio A Louis	11:00-11:45a Aqua Fit Large Pool Joe	11-12p SILVERSNEAKERS MSROM Judy	12:10-12:50p Youth Cycling Tonya	
		5:25-6:25p Yoga Sarah	5:30-6:25p Zumba Mercedez			
5:25-6:25p Yoga Sarah	5:30-6:20p Body Pump Keith	6:30-7:20p Pilates Iyiola	6:30-7:20pm Body Pump Keith			
5:30-6:20p Indoor Cycling Jose	6:35-7:25p Zumba Toning Chrissy			6:30-7:20pm Power Cycle Jose		
6:30-7:20p Zumba Mercedez	6:40-7:40pm Aqua Fit Will	7:45-8:30pm Aqua Fit Stan	7:45-8:30pm Aqua Fit Stan	6:30-7:30pm Aqua Fit Larita		
6:45-8:30 Aqua Fit Will						

Classes Subject To Change or Cancellation \*\* ALL PAID CLASS FEES ARE DUE AT THE START OF THE SESSION\*\*



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## SOUTH SIDE YMCA FEE BASED CLASS SCHEDULE Summer II | June 11th to August 14th, 2016

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00a Boot Camp Sandie		6:30p-7p GRIT Kylana		6:00-7:00a Boot Camp Sandie	8-1pm Swim Lessons Large Pool All AGES	
10-11am Aquanatics Large Pool Bruce		10-11am Aquanatics Large Pool Bruce		10-11am Aquanatics Large Pool Bruce		10:30-1:15pm Swim Lessons Large Pool All AGES
					9-10am Soccer Field Joseph/Nate	
					9:30-11:30a Karate All Levels David	
	4-8pm Swim Lessons Large Pool All AGES	4-8:30pm Swim Lessons Large Pool All AGES	4-8pm Swim Lessons Large Pool All AGES	5-8pm Swim Lessons Large Pool All AGES		
4-8:30pm Swim Lessons Large Pool All AGES		5:30-6:30pm Soccer Field Joseph/Nate				
	6:30-7:30pm Karate Studio B Keith Reed		6:30-7:30pm Karate Studio B Keith Reed		12:10-1:10pm R & B Line Claudia	
	7:30-8:30pm Karate Studio B Keith Reed		7:30-8:30pm Karate Studio B Keith Reed			
				7:30-8:30p Kettle Bells Jose		

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Reduced prices! Check out online [www.register.ymcachicago.org](http://www.register.ymcachicago.org) or within the center

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