



SOUTH SIDE YMCA FITNESS SCHEDULE



Summer I SESSION: June 8th-July 12th, 2015

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-7:50a Circuit Express Ty	7-7:50a TNT Ty	7-7:50a Circuit Express Ty	7-7:50a TNT Jose	7-7:50a Circuit Express Ty	8-8:50a Body Pump Courtney	
7-7:50a My Ride Cycling Shera				7:10-8:00a Cycling Jose	8-8:50a Cycling Judy	
8:10-9:00a Core & More Linda	8-8:50a Spin, Step, Sculpt Renatta	8-8:50a Core & More Linda			9-9:50a Body Conditioning Louis	
9:10-10:00a Stretch Linda	9-10a Yoga Leona	9-9:50a Body Stretch Linda	9-10a Yoga Leona	9-10a Yoga Hayley	10-11:00a Yoga Karla	
	10:10-11:00a Fit Mix Renatta	10-10:50a TNT Jose			11:10-12:10p Zumba Mercedes	
10-11a SILVERSNEAKERS MSROM Leona	10:10-11:10a SILVERSNEAKERS Yoga Leona	10-11a SILVERSNEAKERS MSROM Leona				
11-12p SILVERSNEAKERS Cardio Linda		11-12p SILVERSNEAKERS Cardio Linda		11-12p SILVERSNEAKERS MSROM Iyola		
4:30-5:20p Hip Hop Step Tyrone	4:30-5:20p Family Yoga Shalise	4:30-5:20p Hip Hop Step Tyrone				
5:25-6:25p Yoga Sarah	5:30-6:20p Body Pump Terry	5:25-6:25p Yoga Sarah	5:30-6:25p Zumba Mercedes	5:30-6:20p Zumba Toning Patti		
6:30-7:20p Zumba Mercedes	6:30-7:20p Zumba Toning Patti		6:30-7:20pm Body Pump Terry	6:30-7:20pm Cycling Jose		

6/6/2015

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

