



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE

YMCA RURAL PROGRAM CENTER (EFFECTIVE **11/6/2017**)

QUINCY FAMILY YMCA CLASSES

Group Fitness Schedule 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>The Y offers a variety of group exercise classes FREE with membership. We have something for every interest and every fitness level. Our experienced instructors will help you have fun and get healthy while you gain strength, endurance, and increased energy. All group exercise classes are co-ed and designed for a variety of fitness levels.</p>					5:30-6:15AM Pilates		
						5:45-6:45AM Morning Yoga	
<p>There's strength in numbers. The energy of a group, rhythm of the music, and motivation from an instructor will keep your heart rate up and your body moving.</p>					8:15-9:00AM ICE	7:45-8:45AM Yoga	
		9:00-9:45AM Fit For All		9:00-9:45AM Fit For All	8:30-9:00AM Suspension	8:30-9:30AM Power Cycling	
<p>All Friday, Saturday & Sunday classes are held at the Quincy Family YMCA, 3101 Maine Street.</p>					9:00-9:45AM BarreFIT	9:00-10:00AM Intervals	
					9:45-10:30AM Pump and Roll		
					12:15-12:45PM Yoga		
	5:30-6:15PM Circuits		5:30-6:15PM Fit For All				
	6:15-7:00PM Resistance Bands	6:15-7:00PM POUND	6:15-7:00PM Tone & Abs				

*Water aerobics and open swim times are also available at the Quincy YMCA branch on weekends. Visit quincymca.net for a complete schedule or download our mobile app, YMCA of West Central Illinois.