

## YMCA WELLNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM					
6:30 AM					
7:15 AM					
7:30 AM					
8:00 AM		Hi-Lo Cardio	Hi-Lo Cardio	Hi-Lo Cardio	
8:30 AM	Yoga	MFC 8:00-9:00	MFC 8:00-9:00	MFC 8:00-9:00	Yoga
	MFC 8:30-9:30				MFC 8:30-9:30
8:30 AM	Ab-tastic				Ab-tastic
	FFC 8:30-9:00				FFC 8:30-9:00
9:00 AM	Cardio Blast	Yoga for Any Body	Cardio Blast	Yoga for Any Body	Cardio Blast
	FFC 9:00-10:00	MFC 9:00-10:00	FFC 9:00-10:00	MFC 9:00-10:00	FFC 9:00-10:00
9:00 AM		Tone and Flex		Tone and Flex	
10:00 AM		FFC 9:00-10:00		FFC 9:00-10:00	
10:00 AM					
11:00 AM					
12:00 PM					
4:00 PM		<i>Circuit Training</i>		<i>Circuit Training</i>	
		FFC 4:00-4:30		FFC 4:00-4:30	
4:30 PM		<i>*Youth Weight Training* 6-8th</i>		<i>*Youth Weight Training*6-8th</i>	
5:00 PM		FFC 4:30-5:30		FFC 4:30-5:30	
5:30 PM	Step 'n' Tone	<i>*Youth Weight Training*3-5th</i>	Step 'n' Tone	<i>*Youth Weight Training*3-5th</i>	Step 'n' Tone
	FFC 5:30-6:30	FFC 5:30-6:15	FFC 5:30-6:30	FFC 5:30-6:15	FFC 5:30-6:30
5:30 PM		CardioKickboxing		Strength 4 Women	
		FFC 5:30-6:30		FFC 5:30-6:30	
6:30 PM	Zumba	Yoga	Zumba		
	FFC 6:30-7:15	FFC 6:30-7:15	FFC 6:30-7:15		
7:30 PM	<b>**Tae Kwon Do**</b>		<b>**Tae Kwon Do**</b>		<b>**Tae Kwon Do**</b>
8:30 PM	FFC 7:30-8:30		FFC 7:30-8:30		FFC 7:30-8:30
9:00 PM					
<b>LEGEND</b>	FFC Ready Rm	MFC Gym	FFC Aerobics Rm	<i>FFC Weight Rm</i>	<b>***Fee based class***</b>

Schedule current beginning in September 2011

MFC - McKinley Family Center - 500 W. Church Street, Champaign

FFC - Fitness & Family Center - 707 N. Country Fair Drive, Champaign