

WEST END FALL FACILITY HOURS

Effective 3/07/14



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FACILITY

Facility Guidelines: 7 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8.
Wellness Center: Youth 12-15 years of age are required to complete a Fitness Certification

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN	5:00am	5:00am	5:00am	5:00am	5:00am	7:30am	10:00am
CLOSE	8:30pm	8:30pm	8:30pm	8:30pm	7:30pm	4:00pm	4:00pm

KIDZ ZONE

Ages 6 weeks to 7 years (Reservations required for non-walkers. Will close early if no kids are present 30 minutes prior to close)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN	9:30am	9:30am	9:30am	9:30am	9:30am	Closed	Closed
CLOSE	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm		
OPEN	5:30pm		5:30pm				
CLOSE	7:30pm		7:30pm				

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45am Spin Circuit Julianne	7:30 - 8:15am Zumba Kari	5:45 - 6:45am Strong Bodies Julianne		8:15 - 9:15am Strong Bodies Donna	
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Abby	8:20 - 9:05am Spin Rachel	8 - 9am Strong Bodies Helen		9:20 - 10:05am Spin Jamie	
10 - 11am Enhance Fitness *Must Register	10 - 11am Strength Length and Tone Kristen	10 - 11am Enhance Fitness *Must Register		10 - 11am Strength Circuit Helen	10:30 - 12pm Youth Dance *Must Register	
5:30 - 6:15pm Spin Amy						
6:30 - 7:30pm Zumba Angela	6 - 7pm Strong Bodies Donna	7 - 8pm Turbo Jessica	6:15 - 7:15pm Strong Bodies Donna			

YMCA OF MARQUETTE COUNTY
205 Iron St, Negaunee MI 49866
P 906.475.9666 W ymcamqt.org

GROUP EXERCISE DESCRIPTIONS

Beginning Spin - 45 minute class

This indoor cycling class is tailored for participants at Beginning and Intermediate levels.

Spin/Core – 60 minute class

This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of "core" work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

Strength Circuit-60 minute class

Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.

Strong Bodies – 60 minute class

This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Turbo Kick

Energized and fun cardio class filled with punches and kicks to get the heart rate up and the body toned.

Yogalates – 30 minute class

This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Zumba – 60 minute class

A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt.