



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST END FACILITY HOURS

Effective: May 1 2013

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	10:30am
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
6 - 6:30am Yogalates Rachel	6 - 7am Spin Circuit Julianne		6 - 7am Strong Bodies Julianne			
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Abby	8 - 9am Spin Stacy	8 - 9am Strong Bodies Stacy		8:15 - 9:15am Strong Bodies Donna	
10 - 11am Enhance Fitness *Must Register	10 - 11am Strength Circuit Katie	10 - 11am Enhance Fitness *Must Register		10am-11am Strength Circuit Katie	11 - 12:15pm Youth Dance *Must Register	
5 - 6pm Kids Karate *Must Register		5 - 6pm Kids Karate *Must Register				
6:05 - 7pm Zumba Angela	6 - 7pm Strong Bodies Donna	6:05-6:45pm Beginning Spin Amy	6 - 7pm Strong Bodies Donna			
	7:05-8pm Turbo Jessica					

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.

Hustle – 60 minute class

Hustle™ is a combination of easy to learn dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! Hustle™ requires no previous dance experience.

PiYo – 45 minute class

A unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun and challenging and will make you sweat. It's about energy, power, and rhythm.

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.