



Winter Interim

Midland YMCA—560 Little Lake Park Road—705.526.7828

Adult Fitness

Dec. 12, 2016—Jan. 8, 2017



Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	Pool	10:15-11am 2:30-3:15pm 7:00-7:30pm	10:15-11:00am	10:15-11:00am 2:30-3:15pm	10:15-11:00am	10:15-11:00am 2:30-3:15pm		
Bootcamp	Gymnasium					9:30-10:30am		
Cardio Blast	Gymnasium		5:30-6:15pm					
Cycle	Cycle Studio	8:30-9:15am	6:15 - 7:00am *12:15-1:00pm Ends Dec 20th 5:30-6:15pm	8:30-9:30am	6:15 - 7:00am *12:15-1:00pm Ends Dec 22nd 5:30-6:15pm	8:30-9:30am	8:00-9:00am	
Gravity	Gravity Studio	6:45 - 7:15am 9:30-10:00am 12:10-12:40pm 5:00-5:30pm	9:30-10am	9:30-10:00am	9:30--10am		10:45-11:15am	10:45-11:15am
Group Power	Gymnasium	9:30-10:30am 5:45-6:45pm		9:30-10:30am 5:45-6:45pm			9:30-10:30am	
H.I.I.T	Gymnasium		9:30-10:30am	12:10-12:40pm	 <p>Cycling Dec 24th & 31st 8am - 9am Group Power Dec 24th @ 9:30am & Dec 26th @ 11am</p>			
On The Move	Gymnasium	1:30-2:15pm *ends Dec 19	1:30-2:15pm ends Dec 20th	1:30-2:15pm Ends Dec 21st				
Pilates	Studio	10:30-11:30am Ends Dec 19th	6:30-7:30pm Ends Dec 20th	10:30-11:30am Ends Dec				
Step	Gymnasium				9:30-10:30am			9:30-10am
Yoga	Studio			7:00-8:00pm	10:30-11:30am 7:00-8:00pm		9:00-10:15am	
Zumba/Global Grooves	Gymnasium	7:00-8:00pm		7:00-8:00pm	10:45-11:45am Ends Dec 15	10:45-11:45am		
Group Core	Gymnasium		7:05-7:35am 10:40-11:10am		7:05-7:35am 6:10-6:40pm			10:10-10:40am



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Aquatics

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	10:15-11:00am 2:30-3:15pm 7:00-7:30pm	10:15-11:00am	10:15-11:00am 2:30-3:15pm	10:15-11:00am	10:15-11:00am 2:30-3:15pm		
Lane Swim	6:00-10:10am 11:05-1:30pm 1:30-2:25pm* 3:20-9:00pm	6:00-10:10am 11:05-1:00pm 1:00-2:00pm* 2:00-9:00pm	6:00-10:10am 11:05-1:30pm 1:30-2:25pm* 3:20-9:00pm	6:00-10:10am 11:05-1:00pm 1:00-2:00pm* 2:00-9:00pm	6:00-10:10am 11:05-1:30pm 1:30-2:25pm* 3:20-6:30pm	7:30am-4:30pm	7:30am-4:30pm
Open Swim	9:00-10:00am* 1:30-2:25pm* 6:00-7:30pm	9:00-10:00am* 1:00-2:00pm* 4:30-6:00pm	9:00-10:00am* 1:30-2:25pm* 6:00-7:30pm	9:00-10:00am* 1:00-2:00pm* 4:30-6:00pm	9:00-10:00am* 1:30-2:25pm* 5:30-6:30pm	10:30-12:00pm 1:00-2:30pm	10:30-12:00pm 1:00-2:30pm
Family Swim	11:05-12:00pm 4:30-6:00pm	11:05-12:00pm 6:00-7:30pm	11:05-12:00pm 4:30-6:00pm	11:05-12:00pm 6:00-7:30pm	11:05-12:00pm 4:30-5:30pm	9:00-10:30am 2:30-3:30pm	9:00-10:30am 2:30-3:30pm
Youth Swim					6:30-9:00pm		

* December 27—January 8 only *

	Dec. 26 & Jan. 1 Pool Schedule Building Hours: 10:00-5:00pm	Dec. 24 & 31 Pool Schedule Building Hours: 7:00am-3:00pm
Lane Swim	10:30-4:30pm	7:30am-2:30pm
Family Swim	11:00-1:00pm	9:00-10:30am
Open Swim	1:00-3:30pm	10:30-12:00pm

No Youth Night
December 23 & 30

Child Programs	Monday	Tuesday	Wednesday	Thursday	Friday
Child Minding Cost: Members \$2.5/hour or \$20 for 10 hours, Non-members \$5/hour	9:15-12:15pm Dec. 12, 19, Jan. 2	9:15-12:15pm Dec. 13, 20, 27, Jan. 3	9:15-12:15pm Dec. 14, 21, 28, Jan. 4	9:15-12:15pm Dec. 15, 22, 29, Jan. 5	9:15-12:15pm Dec. 16, 23, 30, Jan. 6
Y Kids 3-12 years	5:00-8:00pm Dec. 12, 19, Jan. 2	5:00-8:00pm Dec. 13, 20, Jan. 3	5:00-8:00pm Dec. 14, 21, Jan. 4	5:00-8:00pm Dec. 15, 22, Jan. 5	