



Adult Fitness

June 12—July 2, 2017



Summer Interim

Midland YMCA—560 Little Lake Park Road—705.526.7828

Class	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp	Gym					9:30-10:30am		
Cardio Blast	Gym		5:15-6:00pm					
Gravity	Gravity Room	6:45-7:15am 9:30-10:00am 12:10-12:40pm 5:00-5:30pm	9:30-10:00am	9:30-10:00am			10:45-11:15am	10:45-11:15am
Group Cycle	Group Cycle Studio	8:30-9:15am 5:30-6:15pm	6:15-7:00am 12:15-1:00pm 5:30-6:15pm	8:00-9:00am	6:15-7:00am 12:15-1:00pm	8:00-9:00am		
Group Power	Gym	9:30-10:30am 5:45-6:45pm		6:15-7:15am 9:30-10:30am 5:45-6:45pm		Youth ONLY (13-17 Yrs.) 7:30—8:00 pm	9:30-10:30am	
Group Core	Gym		7:05-7:35am 10:30-11:00am		7:05-7:35am 6:10-6:40pm			
H.I.I.T	Gym		9:30-10:15am	12:10-12:40pm	5:30-6:00pm			
On The Move	Gym	1:30-2:15pm		1:30-2:15pm				
Core Fusion	Studio	10:30-11:30am		10:30-11:30am	7:00—8:00pm			
Step	Gym				9:30-10:30am			
Yoga	Studio	7:00-8:00pm	10:30-11:30am	7:00-8:00pm	10:30-11:30am		9:00-10:15am	
Zumba/Global Grooves	Gym	7:00-7:45pm			10:45-11:45am	10:45-11:45am		



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		
Lane Swim	6:00-10:10am 11:05-1:30pm 3:20-9:00pm	6:00-10:10am 11:05-1:00pm 2:00-9:00pm	6:00-10:10am 11:05-1:30pm 3:20-9:00pm	6:00-10:10am 11:05-1:00pm 2:00-9:00pm	6:00-10:10am 11:05-1:30pm 2:30-6:30pm	7:30am-4:30pm	7:30am-4:30pm
Open Swim	6:00-7:00pm	6:00-7:00pm	5:00-6:00pm	6:00-7:00pm	5:30-6:30pm	11:00-12:00pm 1:00-2:30pm	11:00-12:00pm 1:00-2:30pm
Family Swim	11:05-12:00pm 5:00-6:00pm	11:05-12:00pm 5:00-6:00pm	11:05-12:00pm 6:00-7:00pm	11:05-12:00pm 5:00-6:00pm	11:05-12:00pm 4:30-5:30pm	9:30-11:00am 2:30-3:30pm	9:30-11:00am 2:30-3:30pm
Youth Swim					6:30-9:00pm		

	Monday	Tuesday	Wednesday	Thursday	Friday
Child Minding Cost: Members \$2.50/hour or \$20 for 10 hours, Non-members \$5/hour	9:15-12:15pm	9:15-12:15pm	9:15-12:15pm	9:15-12:15pm	9:15-12:15pm <i>(no child minding July 1)</i>
Y Kids 3-12 years	5:00-8:00pm	5:00-8:00pm	5:00-8:00pm		

July 1 Pool Schedule
Building Hours: 10:00-5:00pm

Lane Swim	10:30-4:30pm
Family Swim	11:00-1:00pm
Open Swim	1:00-3:00pm