



Adult Fitness

Aug. 28—Sept 17., 2017



Fall Interim

Midland YMCA—560 Little Lake Park Road—705.526.7828

Class	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp	Gym					9:30-10:30am		
Core Fusion	Studio	10:30-11:30am	10:30-11:30am <i>*Aug. 29 only*</i> 6:30-7:30pm	10:30-11:30am	7:00-8:00pm			
Gravity	Gravity Room	6:45-7:15am 9:30-10:00am 12:10-12:40pm 5:00-5:30pm	9:30-10:00am <i>*Aug. 29 only*</i>	9:30-10:00am			10:45-11:15am	10:45-11:15am
Group Core	Gym		7:05-7:35am 10:05-10:35am		7:05-7:35am 6:10-6:40pm			
Group Cycle	Group Cycle Studio	8:30-9:15am	6:15-7:00am 12:15-1:00pm 5:30-6:15pm	8:00-9:00am	6:15-7:00am	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			9:30-10:30am	
H.I.I.T.	Gym		9:30-10:00am	12:10-12:40pm	5:30-6:00pm			
On the Move	Gym	1:15-2:00pm		1:15-2:00pm				
Step	Gym				9:30-10:30am			9:30-10:30am
Yoga	Studio	7:00-8:00pm		7:00-8:00pm	9:30-10:30am		9:00-10:15am	
Zumba/ Global Grooves	Gym	7:00-7:45pm		7:00-7:45pm	10:45-11:45am	10:45-11:45am		



Aquatics

Aug. 28—Aug. 30, 2017



	Mon. Aug. 28	Tues. Aug. 29	Wed. Aug. 30
Aquafit	9:00-9:45am 2:10-2:55pm	9:00-9:45am	9:00-9:45am 2:10-2:55pm
Lane Swim	6:30-8:55am 10:00-12:55pm 3:00-9:00pm	6:30-8:55am 10:00-12:55pm 2:05-9:00pm	6:30-8:55am 10:00-12:55pm 3:00-9:00pm
Adult Rec	6:30-8:55am 12:00-12:55pm 4:00-5:00pm 7:00-9:00pm	6:30-8:55am 12:00-12:55pm 3:30-5:00pm 7:00-9:00pm	6:30-8:55am 12:00-12:55pm 4:00-5:00pm 7:00-9:00pm
Open Swim	10:00-11:00am 3:00-4:00pm 6:00-7:00pm	10:00-11:00am 2:00-3:30pm 6:00-7:00pm	10:00-11:00am 3:00-4:00pm 5:00-6:00pm
Family Swim	11:00-12:00pm 5:00-6:00pm	11:00-12:00pm 5:00-6:00pm	11:00-12:00pm 6:00-7:00pm

**Pool Closed for
Cleaning & Maintenance
August 31—September 17,
2017**

	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 *no child minding Sept. 4/17*	9:15-12:15pm	8:45-11:45am	9:15-12:15pm	9:15-12:15pm
Y Kids 3-12 years	5:00-8:00pm *Sept. 11 only*	5:00-8:00pm *Sept. 5 & 12 only*	5:00-8:00pm *Sept. 6 & 13 only*		

Youth Night *September 15 only*
September 1 cancelled due to long weekend & September 8 due to event

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