



Midland YMCA: Health, Fitness, & Aquatics Centre

Summer Interim SCHEDULE 2022

Monday Aug 29- Saturday September 10, 2022

- Schedule is subject to change -

BUILDING MAINTENANCE UPDATE - There will be NO HOT WATER in the building September 7 & 8 as we switch over our boiler

Adult Fitness (13+)	Location	Monday Facility Closed Mon Sept 6	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit	Pool	10:15am - 11:00am 7:00pm - 7:45pm	10:15am - 11:00am	10:15am - 11:00am 7:00pm - 7:45pm	10:15am - 11:00am	10:15am - 11:00am	
Boot Camp	Gym						
Cycle	Gym			9:15am - 10:00am			
Fusion	Gym		6:30pm - 7:15pm				
Group Power	Gym	9:15am - 10:15am			5:15pm - 6:15pm	9:15am - 10:15am	
HIIT	Gym		5:15pm - 6:15pm	5:15pm - 5:45pm			
On The Move	Gym	11:30am - 12:15pm Strength & Cardio	11:30am - 12:15pm Chair Yoga	11:30am - 12:15pm Functional Fitness	11:30am - 12:15pm Chair Yoga	11:30am - 12:15pm Balance	
Step	Gym		9:00am - 10:00am		9:15am - 10:15am		
Yoga	Gym	10:30am - 11:15am		10:15am - 11:15am	6:30pm - 7:15pm	10:30am - 11:15am	8:15am - 9:00am
Zumba	Gym	5:00pm - 5:45pm	10:15am - 11:00am	6:00pm - 6:45pm	10:30am - 11:15am		

Land Fitness classes are drop in (participants 13+)

Facility Closed Monday September 6th



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Self-Directed	Location	Monday Facility Closed Mon Sept 6	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball (13+)	Gym	Stay tuned, pickleball will restart the week of September 12th on Tuesday and Thursday afternoons! Dodgeball and Volleyball coming in September as well! Check out our fall schedule at www.ymcaofsimcoemuskoka.ca/schedules					
Conditioning Room	Conditioning Room	6:00am - 1:30pm 3:30pm - 8:45pm	6:00am - 1:30pm 3:30pm - 8:45pm	6:00am - 1:30pm 3:30pm - 8:45pm	6:00am - 1:30pm 3:30pm - 8:45pm	6:00am - 1:30pm 3:30pm - 7:45pm	7:00am - 2:45pm
Family Gym	*Gym A		10:15am - 11:15am		10:15am - 11:15am		
Open Gym	Gym A and/or Gym B	6:00am - 8:30am A&B 12:30pm - 1:15pm 4:00pm - 4:45pm 7:00pm - 8:45pm	6:00am - 8:45am A&B 4:00pm - 5:15pm 7:30pm - 8:45pm	6:00am - 8:45am 12:30pm - 1:15pm 4:00pm - 8:45pm	6:00am - 9:00am A&B 12:30pm - 1:15pm 4:00pm - 5:00pm 7:30pm - 8:45pm A&B	6:00am - 8:45am 12:30pm - 1:15pm 4:00pm - 7:45pm	7:00am - 8:00am 12:00pm - 2:45pm A&B
Lane Swim	Lap Pool (Pool must be fully vacated in between booking times)	6:15am - 8:00am 8:15am - 10:00am 11:15am - 1:15pm 6:00pm - 6:45pm 8:00pm - 8:45pm	6:15am - 8:00am 8:15am - 10:00am 11:15am - 1:15pm 4:00pm - 7:00pm 7:15pm - 8:45pm	6:15am - 8:00am 8:15am - 10:00am 11:15am - 1:15pm 4:00pm - 5:30pm 5:45pm - 6:45pm 8:00pm - 8:45pm	6:15am - 8:00am 8:15am - 10:00am 11:15am - 1:15pm 4:00pm - 7:00pm 7:15pm - 8:45pm	6:15am - 8:00am 8:15am - 10:00am 11:15am - 1:15pm 4:00pm - 7:30pm	7:15am - 9:15am 9:30am - 1:00pm
Open Swim/Family Swim*		11:15am - 1:15pm 6:00pm - 6:45pm	11:15am - 1:15pm 4:00pm - 6:15pm 7:15pm - 8:15pm	11:15am - 1:15pm 4:00pm - 5:30pm 5:45pm - 6:45pm*	11:15am - 1:15pm 4:00pm - 6:15pm 7:15pm - 8:15pm	11:15am - 1:15pm 4:00pm - 5:45pm* 6:00pm - 7:30pm	9:30am - 10:45am* 11:00am - 1:00pm

Youth under 10 years require active supervision. Pool must be fully vacated in between booking times.

Facility Closed Monday September 6th