



MIDLAND YMCA GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Christian Cycling GRIT Strength 5:45am	BODYPUMP <i>sprint</i> WaterinMotion 5:45am	Christian Cycling GRIT Plyo 5:45am	BODYPUMP <i>sprint</i> WaterinMotion 5:45am	RPM GRIT Cardio 5:45am	BODYPUMP <i>sprint</i> CXWorx 8:30am
WaterinMotion 8:00am	CXWorx 6:15am Water Aerobics 8:00am	WaterinMotion 8:00am	CXWorx 6:15am Water Aerobics 8:00am	WaterinMotion 8:00am	WaterinMotion 9:00am Barre 9:15am
GRIT Strength 8:15am	<i>sprint</i> 8:30am BODYCOMBAT 8:45am	GRIT Plyo 8:15am	<i>sprint</i> 8:30am BODYCOMBAT 8:45am	GRIT Cardio 8:15am	RPM ZUMBA 9:30am
BODYPUMP 8:45am Barre 9:00am	RPM Yoga Arthritis 9:00am CXWorx 9:30am	BODYPUMP 8:45am Barre 9:00am	RPM Healing Yoga Arthritis 9:00am CXWorx 9:30am	BODYPUMP 8:45am Barre 9:00am	Yoga BODYCOMBAT 10:30am
Mommy & Me 10:00am Silver Sneakers 10:30am	Mommy & Me ZUMBA 10:00am	Mommy & Me 10:00am Silver Sneakers 10:30am	Mommy & Me ZUMBA 10:00am	Mommy & Me 10:00am Silver Sneakers 10:30am	<p>WHERE IS MY CLASS?</p> <p>MULTI-PURPOSE ROOM Barre CXWorx Horizontal T/Th Mommy & Me Pilates Fusion Step Yoga 6pm BODYCOMBAT</p> <p>UPSTAIRS GYM BODYCOMBAT BODYPUMP 9:30am CXWorx GRIT Mommy & Me Y Boot Camp Zumba</p> <p>DOWNSTAIRS GYM 6:30pm Zumba</p> <p>CYCLING ROOM Christian Cycling RPM Sprint</p> <p>POOL Arthritis Water Aerobics WaterinMotion</p>
<i>sprint</i> 11:30am	GRIT Strength 11:30am	<i>sprint</i> 11:30am	GRIT Plyo 11:30am	GRIT Cardio 11:15am <i>sprint</i> 11:30am	
BODYPUMP 11:45am	RPM 11:45am	BODYPUMP 11:45am	RPM 11:45am	BODYPUMP Yoga 11:45am	
RPM CXWorx 12:00pm	BODYCOMBAT Pilates Fusion 12:00pm	RPM Yoga 12:00pm	Y BOOT CAMP Pilates Fusion 12:00pm	RPM 12:00pm	
BODYPUMP 4:30pm Arthritis 5:15pm	RPM Barre 4:30pm	BODYPUMP 4:30pm Arthritis 5:15pm	RPM Barre 4:30pm	Arthritis 5:15pm	
CXWorx GRIT Strength <i>sprint</i> 5:30pm	BODYCOMBAT 5:30pm	CXWorx GRIT Plyo <i>sprint</i> 5:30pm	Y BOOT CAMP 4:45pm BODYCOMBAT 5:30pm	Yoga ZUMBA 5:30pm	
BODYCOMBAT BODYPUMP RPM WaterinMotion 6:00pm	Horizontal 5:45pm RPM 6:00pm	BODYCOMBAT BODYPUMP RPM WaterinMotion 6:00pm	Interval Step 5:45pm RPM 6:00pm		
ZUMBA 6:30pm	BODYPUMP 6:30pm	ZUMBA 6:30pm	BODYPUMP 6:30pm		
Yoga 7:00pm	Yoga 7:00pm ZUMBA 7:30pm	Yoga 7:00pm	Yoga 7:00pm ZUMBA 7:30pm		

Effective June 5, 2017