



MIDLAND YMCA GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
E A R L Y A M	AquaStrong* 5:30am Christian Cycling GRIT Strength 5:45am	BODYPUMP <i>sprint</i> WaterinMotion 5:45am CXWorx 6:15am	AquaStrong* 5:30am Christian Cycling GRIT Plyo 5:45am CXWorx 6:15am	BODYPUMP <i>sprint</i> WaterinMotion 5:45am	RPM GRIT Cardio 5:45am	BODYPUMP <i>sprint</i> 8:30am WaterinMotion 9:00am Barre 9:15am
M I D M O R N I N G	GRIT Strength 8:15am BODYPUMP 8:45am Barre WaterinMotion 9:00am Mommy & Me 10:00am Silver Sneakers 10:30am	<i>sprint</i> 8:30am BODYCOMBAT 8:45am RPM Water Aerobics Yoga 9:00am CXWorx 9:30am Arthritis Mommy & Me ZUMBA 10:00am	GRIT Plyo 8:15am BODYPUMP 8:45am Barre WaterinMotion 9:00am Mommy & Me 10:00am Silver Sneakers 10:30am	<i>sprint</i> 8:30am BODYCOMBAT 8:45am RPM Water Aerobics Yoga 9:00am CXWorx 9:30am Arthritis Mommy & Me ZUMBA 10:00am	GRIT Cardio 8:15am BODYPUMP 8:45am Barre WaterinMotion 9:00am Mommy & Me 10:00am Silver Sneakers 10:30am	RPM ZUMBA 9:30am AquaStrong* 10:15am BODYCOMBAT Yoga 10:30am
L U N C H	<i>sprint</i> 11:30am BODYPUMP 11:45am CXWorx RPM 12:00pm	Barre 11:15am GRIT Strength 11:30am RPM 11:45am AquaStrong* BODYCOMBAT Pilates Fusion 12:00pm	<i>sprint</i> 11:30am BODYPUMP 11:45am RPM Yoga 12:00pm	Barre 11:15am GRIT Plyo 11:30am RPM 11:45am AquaStrong* Pilates Fusion Y BOOT CAMP 12:00pm	GRIT Cardio 11:15am <i>sprint</i> 11:30am BODYPUMP Yoga 11:45am RPM 12:00pm	WHERE IS MY CLASS? CYCLING ROOM Christian Cycling RPM Sprint DOWNSTAIRS GYM 6:30pm Zumba MULTI-PURPOSE ROOM Barre CX Horizontal T/Th Mommy & Me Pilates Fusion Step Yoga 6pm BODYCOMBAT
E V E N I N G	BODYPUMP 4:30pm Arthritis 5:15pm CXWorx GRIT Strength <i>sprint</i> 5:30pm BODYCOMBAT BODYPUMP RPM WaterinMotion 6:00pm ZUMBA 6:30pm AquaStrong* Yoga 7:00pm	Barre RPM 4:30pm BODYCOMBAT 5:30pm Horizontal 5:45pm RPM 6:00pm BODYPUMP 6:30pm Yoga 7:00pm ZUMBA 7:30pm	BODYPUMP 4:30pm Arthritis 5:15pm CXWorx GRIT Plyo <i>sprint</i> 5:30pm BODYCOMBAT BODYPUMP RPM WaterinMotion 6:00pm ZUMBA 6:30pm AquaStrong* Yoga 7:00pm	Barre RPM Y BOOT CAMP 4:30pm BODYCOMBAT 5:30pm Interval Step 5:45pm RPM 6:00pm BODYPUMP 6:30pm Yoga 7:00pm ZUMBA 7:30pm	Arthritis 5:15pm Yoga ZUMBA 5:45pm	UPSTAIRS GYM BODYCOMBAT BODYPUMP 9:30am CXWORX W 6:15am CX GRIT Mommy & Me Y Boot Camp Zumba

* LAUNCHING OCTOBER 2!

Effective September 4, 2017