



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MIDLAND YMCA GROUP FITNESS SCHEDULE

June 13, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	5:45am GRIT Strength upstairs	5:45am Sprint cycling	5:45am GRIT Athletic upstairs	5:45am Sprint cycling	5:45am GRIT Cardio upstairs	
	6:00am RPM cycling	6:15am BodyPump upstairs	6:00am RPM cycling	6:15am BodyPump upstairs	6:00am RPM cycling	
MID MORNING	8:15am GRIT Strength upstairs	8:15am Sprint cycling			8:15am GRIT Cardio upstairs	8:00am Sprint cycling
	9:00am BodyPump upstairs Barre multipurpose	9:00am BodyCombat upstairs Yoga multipurpose Water Aerobics pool	9:00am BodyPump upstairs Les Mills Core multipurpose	9:00am BodyCombat upstairs Yoga multipurpose Water Aerobics pool	9:00am BodyPump upstairs Barre multipurpose	8:30am BodyPump upstairs 9:15am Barre multipurpose 9:30am BodyCombat upstairs
	10:30am Silver Sneakers multipurpose	10:00am Zumba upstairs	10:30am Silver Sneakers multipurpose	10:00am Zumba upstairs	10:30am Silver Sneakers multipurpose	10:30am Yoga multipurpose Zumba upstairs
	11:15am Sprint cycling	11:15am GRIT Strength upstairs	11:15am Sprint cycling	11:15am GRIT Athletic upstairs	11:15am GRIT Cardio upstairs	
MIDDAY	11:45am BodyPump upstairs	11:45am RPM cycling	11:45am BodyPump upstairs	11:45am RPM cycling	11:45am BodyPump upstairs	
		12:00pm Yoga multipurpose	12:00pm Yoga multipurpose		12:00pm Yoga multipurpose	
EVENING	4:30pm BodyPump upstairs	4:30pm RPM cycling	4:30pm BodyPump upstairs			Please wipe down all equipment before & after use.
	5:30pm GRIT Strength upstairs Sprint cycling	5:30pm BodyCombat upstairs	5:30pm GRIT Athletic upstairs Sprint cycling	5:30pm BodyCombat upstairs		
	6:00pm BodyPump upstairs	6:00pm Yoga multipurpose	6:00pm BodyPump upstairs Zumba multipurpose			
	6:15pm Arthritis pool	6:15pm RPM cycling	6:15pm Arthritis pool	6:15pm RPM cycling		
	6:30pm Zumba multipurpose	6:30pm Zumba upstairs	7:00pm Yoga multipurpose	6:30pm Zumba upstairs		

VIRTUAL OPTIONS AVAILABLE WHEN CLASSES ARE NOT IN SESSION

Download the free Midland YMCA app for all the latest class schedule information & more!