



January 16, 2012

Midland YMCA Group Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|---|---|-------------------------------------|---|
| 5:45 AM | Pilates Christian Cycling | LES MILLS BODYPUMP | Pilates Christian Cycling | LES MILLS BODYPUMP | LES MILLS RPM | |
| 8:45 AM | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | 8:30 am LES MILLS BODYPUMP |
| 9:00 AM | 9:30am Pilates | HATHA Yoga | 9:30am Pilates | Vinyasa Yoga | 9:30am Pilates | 9:30 am ZUMBA |
| 10:30 AM | SilverSneakers® | Zumba | SilverSneakers® | Zumba | | 9:30 am LES MILLS RPM |
| 11:45 AM | LES MILLS BODYPUMP LES MILLS RPM Pilates Fusion | LES MILLS BODYCOMBAT LES MILLS RPM Vinyasa Yoga | LES MILLS BODYPUMP LES MILLS RPM Pilates Fusion | LES MILLS BODYCOMBAT LES MILLS RPM Pilates Fusion | LES MILLS BODYPUMP LES MILLS RPM | 10:30am LES MILLS BODYCOMBAT |
| 12:45 AM | | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | <p>Where's Class?</p> <p>New Aerobic Room Pilates Pilates Fusion Yoga Step</p> <p>Upstairs Gym BODYCOMBAT BODYPUMP AM Zumba Friday Zumba</p> <p>Downstairs Gym PM Zumba C.A.T.C.H. Kid Zumba</p> <p>RPM Room RPM Christian Cycling</p> <p><i>See member service desk for details to each</i></p> |
| 4:00 PM | Kid Zumba | C.A.T.C.H | Kid Zumba | C.A.T.C.H | | |
| 4:30 PM | LES MILLS BODYPUMP | LES MILLS RPM | LES MILLS BODYPUMP | LES MILLS RPM | | |
| 5:30 PM | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT Zumba | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT Zumba | Zumba Pilates Fusion | |
| 5:45 PM | Pilates Fusion | Step | Vinyasa Yoga | Step | | |
| 6:00 PM | LES MILLS RPM | LES MILLS RPM | LES MILLS RPM | LES MILLS RPM | | |
| 6:30 PM | LES MILLS BODYCOMBAT Zumba | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT Zumba | LES MILLS BODYPUMP | | |
| 7:00 PM | Yoga | | Yoga | | | |

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