

**Midland Community Center's
2009 Sensational Summer Schedule
June 8-August 22***

Adult: \$64 50+: \$60 (unlimited group fitness classes)

***Bonus weeks August 23-September 5th**

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am	Hi Rider Cycle Room Open Cycle—NO INSTRUCTOR		Hi Rider Cycle Room Vicki/Debbie			
8:30-9:25am	Stretch & Tone Studio 1 Kay	Ball & Pilates Studio 1 MaryAnn	Stretch & Tone Studio 1 Renee	Ball & Pilates Studio 1 MaryAnn	Stretch & Tone Studio 1 Shari	
8:30-9:45am	Retirees Gym South Gym Vicki		Retirees Gym South Gym Shari		Retirees Gym South Gym Trish	
8:45-9:25am		Cardio Fit 50+ Center Debbie		Cardio Fit 50+ Center Kay		
9:00-10:00am						Spectacular Saturday Rotation Studio 1
9:30-10:20am		60+Rejuvenate Your Body 50+ Center Maria		60+ Rejuvenate Your Body 50+ Center Kay		
9:30-10:20am	60+ Functional Fitness 50+ Center Vicki		60+ Functional Fitness 50+ Center Shari		60+ Functional Fitness 50+ Center Kelly H	
9:30-10:30am	Zumba Studio 1 Megan	Muscle Pump Studio 1 Carla	Zumba Studio 1 Carla	Muscle Pump Studio 1 Jodi	Outdoor Challenge** Studio 1 Jodi	
9:30-10:30am	Hi Rider Cycle Room Lisa P	Muscle Aerobics* MaryAnn Studio 2	Hi Rider Cycle Room Lisa H	Muscle Aerobics* MaryAnn Studio 2		
10:00-11:00am						ZUMBA!! Studio 1 **See dates
5:30-6:30pm	Cardio n' Sculpt Studio 1 Renee	Muscle Pump Studio 1 Lisa	Step Cardio Studio 1 Kelly A	Muscle Pump Studio 1 Patrick		
6:00-7:00pm	Jacki's Aerobic Studio 2 Nan		Jacki's Aerobics Studio 2 Nan			
6:00pm	Cycle Cycle Studio Lisa/Kathi					
6:30-7:30pm	Zumba Studio 1 Jeanenne	Turbo Kick Studio 1 Lynnae		Zumba Studio 1 Kristen		

*Open Cycle on Monday 5:45am—no instructor

*Muscle Aerobics—starts the week of June 15th

**Outdoor Challenge will meet inside....if raining class will be inside

**Zumba—Saturdays 10:00am on June 13, 20, 27!!!!

Classes may be cancelled due to low participation...average goal 8 per class!!