

Mesabi Family YMCA
Group Fitness Class Schedule
Summer II Session
July 19 – August 27, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Wake Up Workout 5:35-6:25am Gym FREE for members!	Group Cycling 5:35-6:20am Gym FREE for members!	Wake Up Workout 5:35-6:25am Gym FREE for members!	Group Cycling 5:35-6:20am Gym FREE for members!	Wake Up Workout 5:35-6:25am Gym FREE for members!
Water Exercise 8:35-9:25am Pool	Water Exercise 8:35-9:25am Pool	Water Exercise 8:35-9:25am Pool	Water Exercise 8:35-9:25am Pool	Water Exercise 8:35-9:25am Pool
Cardio Strength 9:00-9:45am Gym FREE for members!		Body & Core 9:00-9:45am Gym FREE for members!		
	SilverSneakers MSROM 10:30-11:15am Gym		SilverSneakers MSROM 10:30-11:15am Gym	
Yogalates 11:45am-12:15pm VRMC-IRRC		Yogalates 11:45am-12:15pm VRMC-IRRC		
Noon Workout 12:15-12:45pm Gym FREE for members!	Noon Workout 12:15-12:45pm Gym FREE for members!	Noon Workout 12:15-12:45pm Gym FREE for members!	Noon Workout 12:15-12:45pm Gym FREE for members!	Noon Workout 12:15-12:45pm Gym FREE for members!
Water Exercise 1:05-1:55pm Pool	MS Water Exercise 1:05-1:55pm Pool	Water Exercise 1:05-1:55pm Pool	MS Water Exercise 1:05-1:55pm Pool	Water Exercise 1:05-1:55pm Pool
Group Cycling 5:15-6:00pm Gym FREE for members!	Boot Camp 5:15-6:00pm Gym/Outdoors FREE for members!	Group Cycling 5:15-6:00pm Gym FREE for members!	Cardio Strength 5:15-6:00pm Gym FREE for members!	
		Yoga 5:30-6:30pm United Methodist Church-Eveleth		
Deep Water Exercise 6:10-7:00pm Pool	Yoga 6:00-7:00pm MPR	Deep Water Exercise 6:10-7:00pm Pool	Yoga 6:00-7:00pm MPR	

Schedule subject to change based on enrollment, usage and special events.

Any schedule changes will be noted at our Member Services Desk.

Please see the back of this schedule for class descriptions!

All classes that are not free for members have an additional fee and require pre-registration. Refer to the back of this schedule for complete details.