



# WINTER FITNESS

January 7 - February 10

## Monday

Rise & Shine Cycle  
5:15-6:00am

AM Warrior  
5:30-6:00am

50+ And Fit  
10:00-10:45am

Mix It Up At Lunch  
12:05-12:50pm

Triple Threat  
4:45-5:15pm

Indoor Cycling  
5:15-6:00pm

PiYO  
6:15-7:15

Country Heat  
7:30-8:30pm

## Tuesday

Rise & Shine Cycle  
5:15-6:00am

BODYPUMP  
5:15-6:00am

Yoga Fit  
6:30-7:15am

Mid AM Cycling  
8:15-9:00am

AM Zumba  
9:30-10:30am

Parkinson's Cycling  
11:00am - Noon

Indoor Cycling  
5:15-6:00pm

Indoor Cycling  
6:15-7:00pm

Yoga Fit  
7:15-8:15pm

## Wednesday

Rise & Shine Cycle  
5:15-6:00am

AM Warrior  
5:30-6:00am

Intro To Fitness  
10:00-10:45am

Mix It Up At Lunch  
12:05-12:50pm

Triple Threat  
4:45-5:15pm

Indoor Cycling  
5:15-6:00pm

PiYO  
6:15-7:15

Country Heat  
7:30-8:30pm

## Thursday

Rise & Shine Cycle  
5:15-6:00am

BODYPUMP  
5:15-6:00am

Yoga Fit  
6:30-7:15am

Mid AM Cycling  
8:15-9:00am

AM Zumba  
9:30-10:30am

Parkinson's Cycling  
11:00am - Noon

Indoor Cycling  
5:15-6:00pm

Indoor Cycling  
6:15-7:00pm

Yoga Fit  
7:15-8:15pm

## Friday

AM Warrior\*\*  
5:30-6:00am

50+ And Fit  
10:00-10:45am

Mix It Up At Lunch  
12:05-12:50pm

Triple Threat  
4:45-5:15pm



## SATURDAY CYCLING IS BACK!!

9:00-9:45am

\*\* AM Warrior - Monday, Wednesday & Every other Friday\*\*

Northern Lights YMCA/Dickinson Center

800 Crystal Lake Blvd

Iron Mountain, Michigan 49801

906-774-4076

