



WINTER FITNESS

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

Hip Hop Dance
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

Turbo Kick
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

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