

Midland Community Center's  
Spring 2009 Schedule April 20-June 6th

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am	Hi Rider Cycle Room Vicki			Fit Expresso Studio 1 Renee/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		
9:00-9:30am	Core Conditioning Studio 2 MaryAnn		Gut n' Butt Studio 2 MaryAnn		Core Conditioning Studio 2 MaryAnn	Spectacular Saturday Rotation
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 Jeanenne		Zumba Studio 1 Carla		Challenge Friday* Studio 1 Jodi	
9:30-10:30am	Muscle Aerobics Studio 2 MaryAnn		Muscle Aerobics Studio 2 MaryAnn		Muscle Aerobics Studio 2 MaryAnn	
9:30-10:45am		Muscle Pump Studio 1 Carla		Muscle Pump Studio 1 Vicki/Jodi		
9:30-10:30am	Hi Rider Cycle Room Tolani		Hi Rider Cycle Room Lisa H		Hi Rider Cycle Room Tolani/Julie Rotate	
5:30-6:30pm	<b>Cardio Pump and Jump Studio 1 Renee</b>	Muscle Pump Studio 1 Lisa P	<b>Cardio Pump and Jump Studio 1 Jean</b>	Muscle Pump Studio 1 Patrick		
6:00-7:00pm	Jacki's Aerobic Studio 2 Nan		Jacki's Aerobics Studio 2 Nan			
6:30-7:30pm	Cardio Kickbox Studio 1 Kelly	Zumba Studio 1 Megan	Bootkick Studio 1 Lisa P	Zumba Studio 1 Carla/Kristen		
6:30-7:30pm	Hi Rider Cycle Room Lisa P.		Hi Rider Cycle Room Kathi			

\*Challenge Friday may go outside  
**NEW!! Cardio Pump and Jump**

