

Winter Schedule

Website: www.midtown-fitness.com

Phone: 928.9218

75 Railroad St., Putnam

Classes subject to change

Schedule begins January 2nd



We offer a free one week trial

for local residents 21 and over.

Descriptions of the classes are available at www.midtown-fitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-9pm	5:30am-9pm	5:30am-9pm	5:30am-9pm	5:30am-8pm	8:00am-4:00pm	8:00am-4:00pm
	Spin 5:45-6:30 am Marylyn (signup)	Core / Stretch 6:00-6:45 am Amy	Spin 6:15-7:00 am Earl/Amy (signup)	Descriptions of all the classes are on the back. Class reservations are available to Call 24 hours in advance.		
Conditioning 8:45-9:45 am Shirley	 Muscular Strength 9:00-10:00 am Amy	Classic Cardio Mix 8:45-9:45 am Shirley	 Muscular Strength 9:00-10:00 am Amy	30 Strength-30 Cardio 8:45-9:45 am Shirley	Spin 8:15-9:15 am Instructor will Rotate (sign up)	
Martial Arts for beginners 10:30 am (first month free for gym members)	Spin 10:15-10:45 am Amy (sign up)	Fitness Mix 10:00-11:00 am Amy	FREE Gym Orientation Learn To Use Cardio and Strength Equipment 10:am-11am		Core/Strength/ Stretch 9:30-10:15 am Amy	
Spin 3:15-4:00pm Chris G (sign up)		Martial Arts for beginners 10:30 am (first month free for gym members)	Spin 3:15-4:00pm Chris G (sign up)		FREE Gym Orientation Learn To Use Cardio and Strength Equipment 9am-11am	
FREE Gym Orientation Learn To Use Cardio and Strength Equipment noon-12:30 and 4:15- 6:30 pm. At 4:15pm Scott will do an introduction to spin session for beginners.		FREE Gym Orientation Learn To Use The Equipment noon-12:30 and 4:30-6:30pm	Seniors - you could receive a FREE fitness membership at no additional cost through your Medicare health plan.			
	Cardio Kickbox 5:30 - 6:15 pm Earl (sign up)	Jump N Jacked 5:00 - 5:45 pm Amy				
Fit and Firm "Extreme" 5:15 - 6:15pm Amy (sign up)	Spin 6:30 - 7:15 pm Abby (sign up)	Spin 6:00 - 6:45 pm Amy (sign up)	Step 5:30 - 6:15 pm Shirley	Cardio Kickbox 5:30 - 6:15 pm Abby		
Spin 6:30 - 7:30 pm Amy (sign up)		Pilates 7:00 -7:30 pm Amy	Yoga 6:30 - 7:30 pm Shirley			