

Spring 2010 Schedule

Website: www.midtown-fitness.com

Phone: 928.9218



75 Railroad St., Putnam

Classes subject to change

April 1st - June 30th



We offer a free one week trial
for local residents 21 and over.

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.		
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 (<i>sign up</i>)	
Senior Fitness Mix 10:00-11:00 am Amy	Spin 10:15-10:45 am Amy (<i>sign up</i>)	Senior Fitness Mix 10:00-11:00 am Amy			Core/Strength/ Stretch 9:30-10:15 am Amy	
Martial Arts for beginners 10 - 10:45am (first month free for gym members)		Martial Arts for beginners 10 - 10:45am (first month free for gym members)			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 4:30- 6:30 pm.		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.		<u>Class sign-ups</u> VIP (Year) members may reserve a spot in advance. <u>Midtown Member Referral Program</u> Take advantage of our member's referral program! Bring a friend, colleague, spouse, significant other into Midtown to sign up for a one-year membership, and receive a \$20 gift certificate to a local restaurant in downtown Putnam. <i>You, as a Midtown member, must be present with your buddy when they sign up for the membership, and the offer is good only for new members signing on for full one-year memberships.</i>	
	Cardio Kickbox 5:15 - 6:00 pm Earl (<i>sign up</i>)	Boot Camp/Bosu 5:15 - 6:00 pm Shirley				
Fit and Firm "Extreme" 5:15 - 6:00pm Amy (<i>sign up</i>)	Spin 6:15 - 7:00 pm Earl (<i>sign up</i>)	Yoga 6:15 - 7:15 pm Shirley	Cardio Kickbox 5:15 - 6:00 pm Amy	Fit and Firm "Extreme" 5:15 - 6:00pm Amy (<i>sign up</i>)		
Spin 6:15 - 7:15 pm Amy (<i>sign up</i>)			Spin 6:15 - 7:00 pm Abby (<i>sign up</i>)			