

Midland YMCA

Health, Fitness, & Aquatics

August 19 - 23, 2026

Gym Closure - Temporary Schedule



Due to an unforeseen scheduling change with our flooring contractor, the gymnasium will be closed for skim and seal maintenance beginning Wednesday August 19, and is expected to reopen on Monday August 24. We are working to complete this important maintenance before the launch of our Fall child, youth, and adult fitness programs.

To help minimize the impact on our members, we have created a temporary schedule to accommodate as many adult fitness classes and child and youth programs as possible during the closure. This schedule is available in-centre and online for your convenience.

We sincerely apologize for the short notice and any inconvenience this may cause. We appreciate your patience and understanding as we carry out this essential work to maintain a safe, clean, and welcoming space for all members.

Gymnasium Schedule ONLY - To accommodate temporary gymnasium closure				
Wednesday Aug 19	Thursday Aug 20	Friday Aug 21	Saturday Aug 22	Sunday Aug 23
TRX 8:00 - 8:45am Studio (Limited Capacity)	TRX 6:15 - 7:00am Studio (Limited Capacity)	Bootcamp 9:15 - 10:15am Outside - Weather Permitting	Y Kids 9:00 - 11:45am Youth Zone	Yoga 9:00 - 10:00am Studio
Pilates 10:15 - 11:15am Studio (Limited Capacity)	Stability Ball 9:30 - 10:15am Studio	Yoga 10:30 - 11:15am Studio (Limited Capacity)	Bootcamp 9:30 - 10:15am Outside - Weather Permitting	
Chair Yoga 11:30 - 12:15pm Multipurpose Room	Yoga 10:30 - 11:15am Studio	Chair Yoga 11:30 - 12:15pm Multipurpose Room		
HIIT 5:15 - 6:00pm Outside- Weather Permitting	Chair Fitness 11:30 - 12:15pm Multipurpose Room			
Family Zumba 6:15 - 7:00pm Studio (Limited Capacity)	Pilates 5:15 - 6:00pm Studio			
	Yoga 6:15 - 7:00pm Studio			
All other programs on the regular summer schedule in the gymnasium during this time frame are cancelled (i.e. Open gym, Family gym, Pickleball) We will resume the regular gymnasium schedule on Monday Aug 24th.				

Pool schedule - Follow the regular summer schedule



Drop-In Fitness



Child and Youth

For more information, please contact your Membership Services Desk.