

Fitness Center

Whether you want to build up your general strength or target a specific group of muscles, the MDI YMCA Fitness Center has the equipment you need. Plus, all of our Cybex equipment is new and we've added 3 flat panel TVs with cardio theater.



CARDIO VASCULAR

- 4 Precor Elliptical Trainers
- 2 Precor Stationary Bikes
- 2 Precor Stationary Recumbent Bikes
- 4 Precor Treadmills
- 1 Concept II Computerized Rowing Machine
- 2 Stair-Masters
- 15 Indoor Cycling Bikes (class only)

STRENGTH TRAINING

- A Complete Cybex Strength Circuit
- A Fully Equipped Free Weight Area

PERSONAL TRAINING

- Group Personal Training
- Individualized Programs for Tweens to Seniors
- Sport Specific Training
- Private Pilates (Group or Individual)

INDOOR WALKING TRACK

- Small Walking Track With Forgiving Surface
- Lap Counters Available to Borrow

Indoor Pool



- 25 Yard, 6-Lane Pool
- Lap Swim Time
- Family Swim Time
- Recreational Swim Time
- Swim Lessons
- Aqua Aerobics Classes
- Low Impact Water Exercise Classes

Call for Pool Schedule!
or go to:
www.mdiymca.org
and click on:
Schedules

Family Game Room



- Pool Table
- Snacks, Beverages
- Foosball
- Tables & Chairs for Picnic Lunch
- Board Games

Locker Rooms & Showers

Combination locks available to borrow at the front desk.

Gymnasium



- Pick Up Basketball
- Pick Up Volleyball & Badminton
- Open Gym Times

Fitness Classes *Drop ins Welcome!*



Drop ins are always welcome at our group fitness classes. Class offerings vary year-round. We do offer more fitness classes during fall, winter and spring sessions than in the summer.

- Pilates Classes
- AM Abs, Group Power Classes
- Spinning Classes
- Aerobic Classes and more