

**BARRIE YMCA Holiday Interim Fitness Schedule**  
*December 19<sup>th</sup> – January 8<sup>th</sup>*



Monday December 19	Tuesday December 20	Wednesday December 21	Thursday December 22	Friday December 23	Saturday December 24	Sunday December 25
Cycling 6:30-7:15am	Group Core 6:30-7:00am	Cycling 6:30-7:15am	Yoga 6:30-7:15am	Cycling 6:30-7:15am	Christmas Eve	CLOSED
OTM & Yoga 9:15-10:00am	Group Power 9:30-10:30am	OTM & Yoga 9:15-10:00am	Group Power 9:30-10:30am	OTM 9:15-10:00am	OPEN 7am-3pm	No Classes
Cycling 9:30-10:30 am	Yoga 9:30-10:40 am	Boot Camp 9:30 – 10:30 am	Fusion 9:30-10:15am	Yoga 9:30- 10:40 am	Yoga 9:00-10:00am	
Group Core 10:45-11:15am						
Yoga 11:00-11:45am	Global Grooves 11:00-11:45am		Cycling 11:00-11:45am			
Cycling 12:05-12:45 pm	Yoga 12:05-12:45 pm	Cardio&Strength 12:05-12:45pm	Yoga 12:05-12:45pm			
	Group Core 12:15-12:45pm		Group Core 12:15-12:45pm			
Cycling 5:15 – 6:00 pm	Global Grooves 5:15 – 6:00 pm	Cycling 5:15 – 6:00 pm				
Group Power 6:15-7:15pm			Group Power 5:45-6:45pm			
Yoga 6:15-7:15pm		Yoga 6:15-7:15pm	Endurance Cycling 7:45-9:15pm			
<b>Aquafitness</b>						
10:45-11:30 am	10:45-11:30 am	10:45-11:30 am	10:45- 11:30am	10:45-11:30 am		
Aqua Therapy 11:30-12:00pm		Aqua Therapy 11:30-12:00pm				
Gentle Aquafit 1:00-1:45pm	AquaBootcamp 7:35 – 8:20 pm	Gentle Aquafit 1:00-1:45pm	AquaBootcamp 7:35 – 8:20 pm			
<b>Gravity</b>						
Gravity Blast 8:15 – 9:00am	7:15-7:45am	8:15 – 8:45 am	Gravity Blast 8:15-9:00pm	8:15 – 8:45 am		
12:15-12:45 pm		12:15-12:45 pm				
5:15-5:45pm		5:15-5:45pm				
	6:15 – 6:45 pm					

Did you know about our Gravity on Demand classes?

Scan this code with a QR Code Reader on your smart phone and let us take you through a Gravity workout.



Scan here to join our Barrie YMCA Fitness Page for fit tips, schedule changes and updates on exciting new programs!

Monday December 26	Tuesday December 27	Wednesday December 28	Thursday December 29	Friday December 30	Saturday December 31	Sunday January 1st
<b>BOXING DAY</b>	<b>Group Power 9:30-10:30am</b>	<b>OTM&amp;Yoga 9:15-10:00am</b>	<b>Group Power 9:30-10:30am</b>	<b>OTM 9:15-10:00am</b>	<b>NEW YEARS Eve</b>	<b>NEW YEARS DAY</b>
<b>OPEN 10:00-5:00pm</b>	Yoga 9:30-10:40 am	Boot Camp 9:30-10:30 am		Yoga 9:30-10:40 am	<b>OPEN 7am-3pm</b>	<b>OPEN 10:00-5:00pm</b>
Cycling 10:30-11:30					<b>Group Core 9:15-9:45am</b>	Cycling 10:30-11:30am
<b>HAPPY BOXING DAY!</b> 	Global Grooves 5:15-6:00pm	Cycling 5:15 – 6:00 pm	<b>Group Power 5:45-6:45pm</b>			
		Yoga 6:15-7:15pm	<b>Endurance Cycling 7:45-9:15pm</b>			

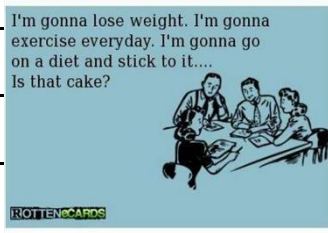
**Aquafitness**

**10:45-11:30am 10:45-11:30am 10:45-11:30am 10:45-11:30am**

**Gravity**

**8:15 – 8:45 am Gravity Blast 8:15-9:00pm 8:15 – 8:45 am**  
**5:15-5:45pm**  
**6:15-6:45pm**

Monday January 2nd	Tuesday January 3rd	Wednesday January 4th	Thursday January 5 <sup>th</sup>	Friday January 6th	Saturday January 7th	Sunday January 8th
<b>OTM &amp; Yoga 9:15 – 10:00 am</b>	<b>Group Power 9:30-10:30am</b>	<b>OTM &amp; Yoga 9:15-10:00am</b>	<b>Group Power 9:30-10:30am</b>		Cycling 8:00-8:45am	Cycling 9:00-9:45am
Cycling 9:30 – 10:30 am	Yoga 9:30 – 10:40 am	Boot Camp 9:30 – 10:30 am		Yoga 9:30 – 10:40 am	Yoga 9:00-10:00 am	Yoga 10:15-11:30am
<b>Group Core 10:45-11:15am</b>					<b>Group Core 9:15-9:45am</b>	<b>Group Power 10:00-11:00am</b>
Cycling 5:15 – 6:00 pm	Global Grooves 5:15-6:00pm	Cycling 5:15 – 6:00 pm				
		<b>Group Core 5:30-6:00pm</b>				
<b>Group Power 6:15-7:15pm</b>		<b>Group Power 6:15-7:15pm</b>				
Yoga 6:15-7:15pm		Yoga 6:15-7:15pm	<b>Endurance Cycling 7:45-9:15pm</b>			



**Aquafitness**

**10:45-11:30am 10:45-11:30am 10:45-11:30am 10:45-11:30am 10:45-11:30am**

**Gentle Aquafit 1:00-1:45pm**

**Gravity**

**Gravity Blast 8:15 – 9:00am 8:15 – 8:45 am Gravity Blast 8:15-9:00pm 8:15 – 8:45 am**  
**5:15-5:45pm 6:15-5:45pm 5:15-5:45pm**

