



# Collingwood YMCA: Fitness Schedule from Dec 12 to Jan 8/17

Drop-In Adult Fitness (13+ years)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Masters Swim	Pool			6:00-7:00am		6:00-7:00am		
Adult Swim Lessons	Pool		11:20-12:10pm 8:05-8:35pm		11:20-12:00pm		12:05-12:50pm	
Aquafit	Pool	10:30-11:15am	10:30-11:15am 6:10-6:55pm	10:30-11:15am	6:45-7:30pm	10:30-11:15am		
Aqua Therapy	Pool				10:30-11:15am			
 Aqua ZUMBA	Pool	9:15-10:00am						
Boot Camp	Gym				6:00-7:00am			
Cardio Blast	Gym	6:00-6:25pm		12:00-12:25pm				
Circuit	Gym							9:15-10:00am
Core	Fitness Studio *Yoga Studio	*5:45-6:45pm		10:25-10:45am				
Cycle	Fitness Studio	6:00-6:45am 8:00-9:00am 9:30-10:30am 10:40-11:40am 5:45-6:45pm	5:30-6:30pm	6:00-6:45am 9:30-10:15am 5:30-6:30pm		9:30-10:30am	10:45-11:45am	10:00-11:00am
 GROUP CORE	Gym	10:00-10:30am 6:30-7:00pm		12:30-1:00pm 6:30-7:00pm		12:30-1:00pm		
 GROUP XPOWER	Gym	12:00-1:00pm	6:00-7:00am 5:45-6:45pm	7:45-8:45am 9:10-10:10am	5:45-6:45pm	9:10-10:10am	8:15-9:15am 9:30-10:30am	
Hi Lo	Gym							
Legs, Tum & Bum	Gym		9:10-10:10am	5:45-6:25pm				
On The Move	Gym	10:45-11:30am		10:45-11:30am		10:45-11:30am		
On The Move: Chair Fitness	Yoga Studio		10:30-12:00pm		1:30-3:00pm	1:30-2:30pm	1:30-3:00pm	1:30-3:00pm
Pilates	Yoga Studio			12:00-1:00pm		10:35-11:35am		
Pump	Gym	9:10-9:55am			9:10-10:10am	6:00-6:25am		
Yoga	Yoga Studio	12:00-1:00pm 7:00-8:00pm	1:00-2:00pm	10:30-11:30am 12:00-1:00pm 7:00-8:00pm	9:00-10:00am 12:00-1:00pm	6:30-7:15am 12:00-1:00pm	9:30-10:30am 10:45-11:45am	10:30-11:30am
 ZUMBA	Gym				<del>7:00-7:55pm</del>	12:00-12:25pm		
Drop-In Recreation Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Badminton	Gym				8:05-9:45pm			
Basketball	Gym		8:15-9:45pm					3:00-4:45pm
Pickleball	Gym	7:00-8:30am 8:15-9:45pm	12:30-3:45pm	5:45-7:30am 1:15-3:45pm	12:15-3:45pm	1:15-3:45pm	7:05-8:00am	7:00-9:00am
Registered Adult Workshops (13+ years)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 GRAVITY A TOTAL GYM STUDIO	Yoga Studio	8:20-8:50am 9:00-9:30am 9:35-10:05am		9:00-9:30am 9:35-10:05am 4:40-5:10pm		8:20-8:50 am 9:00-9:30am 9:35-10:05am		
Meditation (\$)	Yoga Studio				7:30-8:30am Nov 17-Dec 8 Dec 15-Jan 5			