



**YMCA of
Simcoe/Muskoka**



Simc

**Winter/Spring
2017**

**January 2nd –
April 30th, 2017**

**Monday – Friday
6 am – 9 pm
Saturday & Sunday
9 am – 2 pm
Closed all Statutory
Holidays**

MONDAY	Gymnasium	Hall/Outdoor Space
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM	Bars & Plates 9:00 - 10:00	
9:30 AM		
10:00 AM	On the Move (Med) 10:15- 11:00	
10:30 AM		
11:00 AM	On the Move (Low) 11:15 - Noon	
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM	Community Walking Program 1:00 - 2:30	
1:30 PM		
2:00 PM		
2:30 PM	Gentle Fit 2:30 - 3:30	
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM	Bars & Plates 4:30 - 5:30	Y Kids 4:30 - 5:30
5:00 PM		
5:30 PM	Adult Fitness Workshop 5:45 - 6:45	
6:00 PM		
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		

TUESDAY	Gymnasium	Hall/Outdoor Space
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM	Pump 9:00 - 10:00	
9:30 AM		
10:00 AM		
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM	Boot Camp 12:15 - 12:45	
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM	Step 4:30 - 5:30	Y Kids Chefs 4:30 - 5:30
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		

WEDNESDAY	Gymnasium	Hall/Outdoor Space
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM	Cardio Blast 9:00 - 10:00	
9:30 AM		
10:00 AM	Qi Gong 10:10 - 11:10	
10:30 AM		
11:00 AM	On the Move: Stretch & Strength 11:15 - 12:00	
11:30 AM		
12:00 PM	Pump 12:15 - 12:45 (Jan - Mar)	
12:30 PM		
1:00 PM	Community Walking Program 1:00 - 2:30	
1:30 PM		
2:00 PM		
2:30 PM	Gentle Fit 2:30 - 3:30	
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM	Cycle 4:30 - 5:30	Y Kids 4:30 - 5:30
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		

THURSDAY	Gymnasium	Hall/Outdoor Space
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM	Bars & Plates 9:00 - 10:00	
9:30 AM		
10:00 AM	Line Dancing 10:15 - Noon (\$)	
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM	Cycle 12:15 - 12:45	
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM	Bars & Plates 4:30 - 5:30	
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		

FRIDAY	Gymnasium	Hall/Outdoor Space
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM	Stretch & Strength 9:00 - 10:00	
9:30 AM		
10:00 AM	On the Move (Med) 10:15- 11:00	
10:30 AM		
11:00 AM	On the Move (Low) 11:15 - 12:00	
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM	Community Walking Program 1:00 - 2:30	
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM	Group Bookings 6:00 - 9:00 (\$) Please contact our Membership Office for more details	
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		

SATURDAY	Gymnasium	Hall/Outdoor Space
9:00 AM		
9:30 AM	Boot Camp 9:30 - 10:30	
10:00 AM		
10:30 AM		
11:00 AM	Family Gym 11:00 - 1:30	
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		

 **Open Community Program**

To contact the Parry Sound Y please call (705) 746 – 0511 ext. 1 or find us online at www.ymcaofsimcoemuskoka.ca

To gain access to the Parry Sound facility, all patrons 16+ years of age must show their YMCA Membership Card, a YMCA Guardian Pass, or Government issued Photo ID. All children under 10 must be directly supervised by a parent or guardian over the age of 16, or signed into a YMCA Program.