



Collingwood YMCA: Winter 2017 Fitness Schedule, Jan 9 - March 31, 2017

Drop-In Fitness (13+ yrs)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Masters	Pool			6:00-7:00am				
Adult Masters & Stroke Improvement	Pool					6:00-7:00am		
Adult Swim Lessons	Pool		11:20-12:00pm		11:20-12:00pm			
Adult/Youth Lessons	Pool		8:05-8:35pm				12:05-12:50pm	
Aquafit	Pool	9:15-10:00am 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 Gentlefit	Pool		9:30- 10:15am		10:30-11:15am			
Boot Camp	Gym	7:15- 8:00pm						
Cardio & Strength	Gym	9:10- 9:55am		12:00- 12:25pm	6:00- 7:00am 9:10- 10:10am	12:00- 12:25pm		9:15- 10:00am
Post-Natal	Fitness Studio		10:30- 11:15am					
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	6:00- 6:45am 8:30-9:15am 5:30-6:30pm	6:00-6:45am 8:30-9:15am 9:30-10:15am 5:30-6:30pm	5:45- 6:30pm	9:30-10:30am 6:00- 6:45pm	10:45-11:45am	10:00-11:00am 11:00-12:00pm
GROUP CORE	Gym	10:00-10:30am 6:30-7:00pm		12:30-1:00pm 6:30-7:00pm		12:30-1:00pm		
GROUP POWER	Gym	12:00-1:00pm	6:00-7:00am 5:45-6:45pm	7:45-8:45am 9:20-10:20am	5:45-6:45pm	9:20-10:20am	8:15-9:15am 9:30-10:30am	
Step	Gym	5:45- 6:25pm						
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		1:30-2:30pm	1:30-2:30pm	1:30-2:30pm	1:30-3:00pm
Seated Meditation	Yoga Studio				2:30- 2:45pm		2:30-2:45pm	
Pilates	Fitness Studio *Yoga studio			12:00-1:00pm		*10:45-11:45am		
Yoga	Yoga Studio	6:50- 7:35am 12:00-1:00pm 7:00-8:00pm	1:00-2:00pm 7:00-8:00pm	10:30-11:30am 12:00-1:00pm 7:00-8:00pm	9:15-10:15am 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				7:00-7:45pm			
Drop-In Rec Programs								
Badminton	Gym				8:15-9:45pm			
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	7:00-8:00am	7:00-9:00am
Adult Workshops (13+ yrs) - Registration is Required								
Barre Dance (\$)	Yoga Studio	10:45-11:45am			10:45-11:45am			
HIIT Camp (\$)	Gym					6:00- 7:00am		
GRAVITY A TOTAL GYM STUDIO	Yoga Studio	8:20-8:50am 9:00-9:30am 9:35-10:05am	8:00- 8:30am 8:35- 9:05am	9:00-9:30am 9:30-10:05am 4:00- 4:30pm 4:40-5:10pm		8:20-8:50 am 9:00-9:30am 9:35-10:05am		
Kick Camp (\$)	Yoga Studio		9:15-10:00am					
Learn To Play Pickleball (\$)	Gym	2:00-3:30pm						
Meditation (\$)	Yoga Studio				7:30-8:30am			
Athlete: Obstacle Prep (\$)	Gym *Fitness studio		7:00-8:00pm		*9:30-10:30am			
Fit Camp (\$)	Gym			7:10- 8:10pm	9:30-10:30am			
On The Move - Balance	Fitness Studio	1:30-2:15pm		1:30-2:15pm				
Tri Club (\$)	Fitness Studio/ Outdoors/ Pool				7:00- 8:30pm			
Yoga Nidra (\$)	Yoga Studio			2:30- 3:30pm				

Please note:
The YMCA observes Family Day on Mon Feb 20, 2017. The building will be open from 10am - 5pm. Most classes & programs will be cancelled. Please call the YMCA for specific class information for Stat Holidays. (705) 445-5705