

PARRY SOUND YMCA – *SUMMER 2017* (JULY 3RD – SEPTEMBER 4TH)

HOURS OF OPERATION: MONDAY – FRIDAY: 6 AM – 9 PM SATURDAY AND SUNDAY: 9 AM – 2 PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 – 6:45	Cardio Blast			Pump			
9:00 – 10:00	Bars & Plates (Instructor Lead)	Pump	Cardio Blast	Bars & Plates (Instructor Lead)	Stretch & Strength	Boot Camp 9:30 – 10:30	Pump* 9:30 – 10:30
10:15 – 11:00	On the MOVE (Medium)		Qi Gong 10:10 – 11:10		On the MOVE (Medium)	Open Gym 11:00 – 1:30	
11:15 – 12:00	On the MOVE (Low)		On the MOVE Stretch/Strength		On the MOVE (Low)		
12:05 – 12:40		Boot Camp 12:15 – 12:45	Pump 12:15 – 12:45	Cardio Blast 12:15 – 12:45			
2:30 – 3:30	Gentle Fit 2:30 – 3:30		Gentle Fit 2:30 – 3:30				
4:30 – 5:30	Bars & Plates	Step	Cycle	Bars & Plates	Group Bookings 6:00 – 8:30 pm (\$)		
4:30 – 5:30							
5:30 – 6:30	30min HIIT 5:35-6:05		Yoga 5:35-6:35	Pump* 5:35 – 6:35			
7:00 – 9:00							

Phone: 705.746.0511 x 1

Facebook: Parry Sound YMCA

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