


# PARRY SOUND YMCA – WINTER 2018 (STARTING JANUARY 08, 2018)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:15 – 6:45			Yoga 8:00-8:45						
9:00 – 10:00	Bars & Plates (Instructor Lead)	Pump	30/30	Bars & Plates (Instructor Lead)	Yoga	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	Line Dancing 10:15-12:00	On the MOVE (Medium)	Open Gym 10:30-2	Open Gym 10:30-2		
11:15 – 12:00	On the MOVE (Low)		On the MOVE Stretch/Strength		On the MOVE (Low)				
12:05 – 12:40		Cardio Blast 12:15 – 12:45	Boot Camp 12:15 – 12:45	HIIT 12:15-12:45	Spin 12:15 – 12:45				
1:00 - 2:30	Community Walking Program		Community Walking Program		Community Walking Program				
2:30 – 3:30	Gentle Fit		Gentle Fit						
4:30 – 5:30	Bars & Plates	Step	Cycle	Bars & Plates	Group Bookings available 6:00 – 8:30 (\$)				
4:30 – 5:30									
5:30 – 6:30	HIIT 5:30-6:15	Room Rental	Room Rental	Pump* 5:35 – 6:35					
7:00 – 9:00		Basketball (drop-in) 7-8:30		Volleyball (League) 6:45-8:45					

Phone: 705.746.0511 x 1

Facebook: Parry Sound YMCA