

# PARRY SOUND YMCA – WINTER 2018 /2019

HOURS OF OPERATION:

MONDAY – FRIDAY: 6 AM – 9 PM

SATURDAY AND SUNDAY: 9 AM—2PM

|             | Monday                     | Tuesday  | Wednesday                         | Thursday                                  | Friday                     | Saturday   | Sunday              |
|-------------|----------------------------|--|-----------------------------------|---|----------------------------|--|---------------------|
| 6:15 –6:45  |                            |  |                                   |   |                            |  |                     |
| 8:00-8:45   | Qi Gong                    |  | Yoga                              |   |                            |  |                     |
| 9:00-10:00  | Bars & Plates              | Boot Camp  | Cycle Plus                        | <i>Bars &amp; Plates</i>                  | Yoga                       | Boot Camp<br>9:30-10:30  | Pump*<br>9:30-10:30 |
| 10:15-11:00 | On The Move<br>Cardio      | Pickle Ball  | 24 Posture Qi Gong<br>10:10-11:10 | Line Dancing                              | On The Move<br>Medium      |  |                     |
| 11:15-12:00 | On The Move<br>Low         |  | On The Move<br>Stretch & Strength |   | On The Move<br>Low         |  |                     |
| 12:15-12:45 | Cardio Blast               | Boot Camp  | HIIT                              | Cycle                                     |                            |  |                     |
| 1:00-2:30   | Walking Club<br>(November) | Floor Curling  | Walking Club<br>(November)        |   | Walking Club<br>(November) |  |                     |
| 2:30-3:30   | Gentle Fit                 |  | Gentle Fit                        |   |                            |  |                     |
| 3:30-4:30   |                            |  |                                   |   |                            |  <p>Proud Sponsors of our Youth Programs</p>  |                     |
| 4:30-5:30   | Bars & Plates              | Cycle Blast  | Power Step                        | <i>Bars &amp; Plates</i>                  |                            |  |                     |
| 5:30-6:30   | HIIT<br>5:45-6:30          | ROOM RENTAL  | ROOM RENTAL<br>5:45-7:30          |   |                            |  |                     |
| 6:30-7:30   |                            | Drop-In<br>Basketball<br>6:30-7:30 (Rec)<br>7:30-8:30<br>(Competitive) |                                   | Volleyball<br>League<br>6:30-8:30<br>(\$) |                            |  |                     |
| 7:30-9:00   |                            |  |                                   |   |                            |  |                     |

Phone: 705.746.0511 x 1

Facebook: YMCAParrySound

**WHY THE Y?** No Hidden Fees, No Fixed Term Contract, No Cancellation Fee, All Inclusive Memberships, And So Much More!

**BARS AND PLATES** Each class encourages participants to work continuously on one muscle group at a time. This muscle conditioning class can take your strength and endurance training to a whole new level

**BOOT CAMP** A high intensity, body conditioning class that works strength and stamina. This class is dynamic and challenging combining cardiovascular fitness, muscular strength and endurance exercises

**CARDIO BLAST** Cardiovascular and lower body conditioning which could include cycle, step, HIIT and core style workouts

**CYCLE** Cycle is a great cardio workout appropriate for all fitness levels

**CORE CYCLE** 45 minutes of Cycle with a blast of core at the end!

**CYCLE CIRCUIT** Combines 30 minutes of Cycle and 30 minutes of HIIT circuit.

**GENTLE FIT** This class uses the support of chairs to work towards functional fitness with a focus on balance, strength and coordination to help participants to carry on day to day tasks. Whether you are new to exercise or want to get started this class is for those 50+

**HIIT (High Intensity Interval Training)** Is an exercise strategy with alternating cycles of short intense work periods with less intense recovery time. This class focuses on strength and cardio based exercises.

**ON THE MOVE** A full body workout including cardiovascular and muscle conditioning for the older adult. This low impact workout incorporates resistance to improve strength, balance, flexibility and posture. This class also provides older adults with a safe, fun and social environment

**Medium IMPACT** Is of slightly higher cardiovascular intensity while still maintaining low impact

**Low IMPACT** Works towards functional fitness through focus on balance, strength and coordination to allow participants to carry on with day to day tasks

**STRETCH & STRENGTH** Works on each component of balance, strength and stretching equally

**PUMP** This total body workout starts with an active warm-up. The pump class includes a variety of resistance apparatus to improve core stability, strength, endurance, flexibility and posture

**PUMP IT** Same as a normal PUMP class but in circuit form, this is great for learning how to push yourself.

**QI GONG** This ancient Chinese discipline focuses on manipulation of energy to promote physical, emotional and mental wellness. Through good posture, proper breathing and mental focus. Exercisers of all ages and abilities will learn how to cultivate and manage energy

**QI GONG FIRE** a more intensive form called the 8 Vessels. Going through the postures to help build fire(strength) in the lower body and fill the vessels resulting in a clearer, calmer mind & more energy.

**RESTORATIVE QI GONG** is a gentle and fluid practice of deep breathing and light movement designed to help restore the musculo-skeletal and internal structures of the body. This will assist in the improvement of balance, strength and flexibility, cleanse the body of toxins, and stimulate the internal organs for better function.

**QI GONG STRETCH** is the practice of Tao Yin which has been designed to improve strength and flexibility in the tendons and muscles. Similar to most Qi Gong practices it helps lubricate the tissues of the body and cultivate Qi.

**POWER STEP** Includes choreographed and athletic patterns resulting in a motivating cardiovascular and lower body conditioning workout. A great way to improve coordination, while toning and defining legs

**YOGA** Combines physical exercises, mental meditation, and breathing techniques to strengthen muscles and relieve tension.

**PICKLE BALL** A paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis.