



Parry Sound
Health & Fitness

SPRING 2019

March 25 – June 15

Hours: M-F 6:00am-9:00pm, Sat & Sun 9:00am-2:00pm, Stat. Holidays Closed

PARRY SOUND YMCA – SPRING 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 | Yoga | | Yoga | | | | |
| 9:00-10:00 | Bars & Plates | Instructor's Choice | Cycle | Bars & Plates | Yoga | Boot Camp | Pump |
| 10:15-11:00 | On The Move Cardio | Pickle Ball | 24 Posture Qi Gong 10:10-11:10 | Line Dancing | On The Move Medium | 9:30-10:30 | 9:30-10:30 |
| 11:15-12:00 | On the Move Low | | On The Move Stretch & Strength | | On The Move Low | Room Rental | |
| 12:15-12:45 | Tabata | Boot Camp | Legs, Tum & Bum | Cycle | | | |
| 1:00-2:30 | | Floor Curling | | | | | |
| 2:30-3:30 | Gentle Fit | | Gentle Fit | | | | |
| 3:30-4:30 | | | | | | | |
| 4:30-5:30 | Bars & Plates | Cycle | Step | Instructor's Choice | | | |
| 5:30-9:00 | | | | | | | |



