



Parry Sound
Health & Fitness

WINTER 2020

January 06 – March 15

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

PARRY SOUND YMCA – WINTER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45	Yoga		Yoga				
9:00-9:30	Bars & Plates	HIIT	Cycle	Bars & Plates	Yoga		
9:30-10			Core			Boot Camp	Pump
10:15-11:00	On The Move Cardio	Pickle Ball	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		
12:15-12:45	Cycle	Core	Tabata	Legs, Tums & Bums			
1:00-2:30		Floor Curling		Pickle Ball			
2:30-3:30	Gentle Fit		Gentle Fit				
3:30-4:30							
4:30-5:30	Bars & Plates	Cycle	Step	Instructor's Choice			
5:30-6:30	Instructor's Choice 5:45-6:15						
6:30-7:30							
7:30-9:00							
						Hours of Operation Monday-Friday: 6am-9pm Weekends: 9am-2pm	

Phone: 705.746.0511 x 1

YMCAParrySound

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ParryYmca

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