



Adult Fitness Schedule: March 16 - March 22, 2020

SPRING INTERIM

Barrie YMCA—22 Grove St. W —705.726.6421

Class	Location	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21	Sunday March 22
Family Fit Programs	Studio/Gym B (Half Gym)		Family Zumba 1:30-2:15 pm Family Yoga 4:15-5:00 pm Studio	Family BootCamp 2:30-3:15 pm Studio	Family HIIT 4:00– 4:45 pm Studio	Family Yoga 2:00-2:45 pm Family Dance Fit 3:30-4:15 pm Studio	Family NINJA Obstacle Course 2:15-3:15 pm Gym B (Half Gym)	
Boot Camp	Studio			9:30-10:30 am				
Zumba	Studio		11:00-11:45 am		10:45-11:30 am			
Chair Yoga	Gym A/B	10:00-10:30 am		10:00-10:30 am				
Cycle	Studio	6:30-7:15 am 9:30-10:30 am 12:05-12:45 pm 5:15-6:00 pm			9:30-10:30 am		8:00-8:45 am	9:00-9:45 am
Gravity	Fitness Floor	8:15-9:00 am			8:15-9:00 am			
Core Blast	Studio				12:15-12:45 pm		9:00-9:30 am	
Group Power	Gym A/B		9:30-10:30 am 6:15-7:15 pm		9:30-10:30 am 6:15-7:15 pm	6:15-7:15 am		10:00-11:00 am
HIIT	Gym A/B or Studio		12:05-12:45 pm Gym A/B	6:30-7:00 am Studio				
Metafit	Gym B (Half)			5:15-6:00 pm Gym B				
Gentle Fitness	Studio				1:00-2:00 pm			
On The Move	Gym A/B	9:15-10:00 am		9:15-10:00 am		9:15-10:00 am		
Step	Studio					9:00-9:45 am		
Cardio Strength & Core	Gym A/B or Studio			12:05-12:45 pm Studio	10:45-11:45 am Gym A/B			
Yoga	Studio	11:00-11:45 am 6:15-7:15 pm	9:30-10:40 am 12:05-12:45 pm 6:00-7:00 pm	6:15-7:15 pm	6:30-7:15 am	10:00-11:10 am	9:45-10:45 am	10:15-11:30 am



Child, Youth & Aquatics Schedule: March 16 - March 22, 2020

SPRING INTERIM

Barrie YMCA—22 Grove St. W —705.726.6421

Pool	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21	Sunday March 22
Aquafit	10:45-11:30 am	10:45-11:30 am	10:45-11:30 am	10:45-11:30 am	10:45-11:30 am		
Aqua	Gentle Fit 1:00-1:45 pm	Boot Camp 7:35-8:20 pm	Gentle Fit 1:00-1:45 pm	Boot Camp 7:35-8:20 pm			
Lane Swim	6:30-9:45 am 11:30-1:00 pm	6:30-9:00 am 11:30-1:00 pm 4:00-5:00 pm	6:30-9:30 am 11:30-1:00 pm	6:30-9:30 am 2:00-4:00 pm	6:30-9:00 am 1:00-2:00 pm 7:00-8:30 pm	7:30-8:00 am 2:00-3:00 pm	7:30-9:30 am 1:00-2:00 pm
Open Swim	4:00-6:30 pm	1:00-2:30 pm 5:00-7:30 pm	4:00-7:30 pm	11:30-2:00 pm 5:30-6:30 pm	1:00-2:00 pm 4:30-7:00 pm	10:00-12:00 pm	12:00-1:00 pm
Family Swim	6:30-8:30 pm	2:30-4:00 pm	7:15-8:15 pm	4-5:30 pm 6:30-7:30 pm	11:30-1:00 pm	12:00-2:00 pm	9:30-10:30 am
Adult Rec Swim	9:45-10:45 am 1:45-4:00 pm	9:00-10:45 am	9:30-10:45 am 1:45-4:00 pm	9:30-10:45 am	9:00-10:45 am		
Pool Bookings						(BRC) 9:00-10:00 am	(Simcoe Divers) 9:30-12:00 pm
Stay & Play	9:15-12:00 am (0-5 years)	9:15-12:00 am	9:15-12:00 am (0-5 years)	9:15-12:00 am	9:00-11:15 am (0-5 years)	9:00-11:00	
Drop in - Y Kids 3-5 & 6-9	9:00-11:00 am Kids' Court 5:00-7:30 pm Gym	9:00-11:00 am Kids' Court	9:00-11:00 am Kids' Court 6:00-7:30 pm Gym	9:00-11:00 am Kids' Court 5:30-7:30 pm Kids' Court	9:00-11:00 am Kids' Court	9:00-11:00 am Gym	
Open Gym (* Half Gym)	5:30-9:00 am 10:45-12:15 pm 1:45-4:45 pm 6:00-9:00* pm	5:30-9:15 am 10:45-11:45 am 3:15-6:00 pm 7:30-9:00 pm	5:30-9:00 am 10:45-1:00 pm 3:15-5:00* pm 6:00-9:00* pm	5:30-9:15 am 12:00-1:00 pm 3:15-5:15 pm	5:30-6:00 am 7:30-9:00 am 10:15-12:30 pm 2:00-9:00 pm	7:00-9:00 am 9:00-11:00* am 11:00-1:00 pm 3:30-5:00 *pm	7:00-8:00 am 8:00-10:00* am 11:00-1:00 pm
Youth Gym (* Half Gym)			3:15-6:00* pm			3:00-5:00* pm	

Building Hours:

Monday—Friday
5:30 am—9:00 pm

Saturday
7:00 am—5:00 pm

Sunday
7:00 am—4:00 pm

Swim Supervision Policy:

Under 6 years



6 to 9 years



10+ years

Swim Test Required