



## Barrie YMCA March Break Fitness Schedule March 15<sup>th</sup> to March 21<sup>st</sup>, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Fitness Morning</b>	On-the-move 50+ 9:15 – 10:00		On-the-move 50+ 9:15 – 10:15		* On-the-move 50+ 9:15 – 10:00	Pilates 8:15 – 9:00	
	*30-30-30 9:30 – 11:00	Yoga 9:30 – 10:40	*Step/Hi-Lo 9:30 – 10:30	*Pump 9:30 – 10:30	Pilates 9:30 – 10:30	30-30-30 9:15 – 10:45	
			*Core 10:30 – 10:45	*Core 10:30 -10:45			Yoga 10:00 -11:15
	Yoga 11:15 – 12:00				Yoga 11:15 – 12:00	Yoga 11:00– 12:00	
Afternoon		Pilates 12:10 – 12:50		Yoga 12:10 – 12:50	Stability & Balance 12:10 – 12:50		
Evening	Cardio Kick 5:30 – 6:15	*Step 5:30 – 6:15	Pump Step 5:30 – 6:15	Zumba 5:30 – 6:15			
	Core 6:15 – 6:30	*Core 6:15 – 6:30	Core 6:15 – 6:30	Core 6:15 – 6:30			
	Pilates 6:35 – 7:30	Yoga 7:00 – 8:00	Yoga 6:35 – 7:35				
	Boot Camp Circuit * 7:40 – 8:40			Boot Camp Circuit * 7:40 – 8:40			
<b>Group Cycling Morning</b>		6:30 – 7:15		6:30 – 7:15			
	9:30 – 10:30	9:30 – 10:15	9:30 – 10:15		9:30 – 10:30	9:15 – 10:00	9:00 – 9:45
	12:05 - 12:45	12:05 -12:45	12:05 -12:45	12:05 -12:45			
Evening	5:15 – 6:00	5:15 - 6:00	5:45 – 6:30	5:15 – 6:00	5:15 – 6:00		
<b>Aquafitness Morning</b>	Combo Water 10:45 -11:30	Combo Water 10:45 -11:30	Combo Water 10:45 – 11:30	Boot Camp Water 10:45 -11:30	Combo Water 10:45 -11:30		Combo Water 11:15–12:00
	Aqua Yoga 11:30–12:00		Aqua Yoga 11:30-12:00		Aqua Yoga 11:30-12:00		
Afternoon		Combo Water 1:00 – 1:30	Combo Water 1:00 – 1:40	Combo Water 1:00 – 1:30			
		Aqua Yoga 1:30 – 2:00		Aqua Yoga 1:30 – 2:00			
Evening	Water Power 6:45 – 7:30	Combo Water + Yoga 7:35 – 8:20		Combo Water 7:35 – 8:20			

\* Main Gym

We reserve the right to cancel any classes if there are five or less participants.  
Drop in Classes are available to participants 13 years and older.