

Innisfil YMCA

Gym Interim Schedule

December 22 - January 18



Innisfil YMCA - Winter Interim Gym Schedule

| Program | Monday, December 22 | Tuesday, December 23 | Wednesday, December 24 | Thursday, December 25 | Friday, December 26 | Saturday, December 27 | Sunday, December 28 |
|--------------------------------|----------------------------------|----------------------------------|---------------------------|--------------------------|------------------------|--------------------------|------------------------|
| Pickleball - Member | 12:00PM-1:30PM | 12:00PM-1:30PM | 11:00AM-12:30PM | Closed | Closed | | 10:00AM-12:30PM |
| Pickleball - Resident | 1:30PM-3:30PM | 1:30PM-3:30PM | 12:30PM-2:30PM | | | | |
| Open Gym Basketball - Gym A | 8:00AM-9:45PM | 8:00AM-9:45PM | 8:00AM-2:45PM | | | 7:00AM-4:45PM | 7:00AM-4:45PM |
| Family Open Gym - Gym B | 10:00AM-11:45AM 3:45PM-4:45PM | 10:45AM-11:45AM 3:45PM-4:45PM | 10:00AM-10:45AM | | | 12:00PM-2:00PM | |
| Badminton | | | | | | 2:00PM-4:45PM | 12:45PM-4:45PM |

| Program | Monday, December 29 | Tuesday, December 30 | Wednesday, December 31 | Thursday, January 1 | Friday, January 2 | Saturday, January 3 | Sunday, January 4 |
|--------------------------------|----------------------------------|----------------------------------|---------------------------|------------------------|----------------------|------------------------|----------------------|
| Pickleball - Member | 12:00PM-1:30PM | 12:00PM-1:30PM | 11:00AM-12:30PM | 11:00AM-12:30PM | 12:00PM-1:30PM | | 10:00AM-12:30PM |
| Pickleball - Resident | 1:30PM-3:30PM | 1:30PM-3:30PM | 12:30PM-2:30PM | 12:30PM-2:30PM | 1:30PM-4:00PM | | |
| Open Gym Basketball - Gym A | 8:00AM-9:45PM | 8:00AM-9:45PM | 8:00AM-2:45PM | 10:00AM-2:45PM | 8:00AM-12:00PM | 7:00AM-4:45PM | 7:00AM-4:45PM |
| Family Open Gym - Gym B | 10:00AM-11:45AM 3:45PM-4:45PM | 10:45AM-11:45AM 3:45PM-4:45PM | 10:00AM-10:45AM | 10:00AM-10:45AM | 11:00AM-11:45AM | 12:00PM-2:00PM | |
| Youth Open Gym Basketball | | | | | 4:15PM-8:45PM | | |
| Badminton | | | | | | 2:00PM-4:45PM | 12:45PM-4:45PM |

Winter 2026 Facility Schedule takes effect as of Monday, January 05.
For Open Gym Times, please refer to this schedule until Monday, January 19
 If you have any questions, please talk to the Innisfil YMCA Front Desk Team

| Program | Monday, January 5 | Tuesday, January 6 | Wednesday, January 7 | Thursday, January 8 | Friday, January 9 | Saturday, January 10 | Sunday, January 11 |
|--------------------------------|----------------------|-----------------------|-------------------------|------------------------|----------------------------------|----------------------------------|----------------------------------|
| Open Gym Basketball - Gym A | 4:45PM-9:45PM | 4:45PM-9:45PM | 4:45PM-9:45PM | 4:45PM-9:45PM | refer to Winter 2026 Schedule | refer to Winter 2026 Schedule | refer to Winter 2026 Schedule |

| Program | Monday, January 12 | Tuesday, January 13 | Wednesday, January 14 | Thursday, January 15 | Friday, January 16 | Saturday, January 17 | Sunday, January 18 |
|--------------------------------|-----------------------|------------------------|--------------------------|-------------------------|----------------------------------|----------------------------------|----------------------------------|
| Open Gym Basketball - Gym A | 4:45PM-9:45PM | 4:45PM-9:45PM | 4:45PM-9:45PM | 4:45PM-9:45PM | refer to Winter 2026 Schedule | refer to Winter 2026 Schedule | refer to Winter 2026 Schedule |

Innisfil YMCA Holiday Hours

Wednesday, December 24: 6:00AM-3:00PM
Thursday, December 25: Closed
Friday, December 26: Closed

Wednesday, December 31: 6:00AM-3:00PM
Thursday, January 01: 10:00AM-3:00PM

NOTE: Schedule subject to change.

Please visit our Portal to check on the class times, cancellations or program changes.

Innisfil YMCA

Fitness Interim Schedule

December 22 - January 03



Innisfil YMCA - Winter Interim Fitness Schedule

| Program | Monday, December 22 | Tuesday, December 23 | Wednesday, December 24 | Thursday, December 25 | Friday, December 26 | Saturday, December 27 |
|-------------------|------------------------|----------------------------------|---------------------------|--------------------------|------------------------|--------------------------|
| OTM | 9:00AM-9:45AM | 9:45AM-10:30AM | 9:00AM-9:45AM | Closed | Closed | |
| Step & Sculpt | 10:00AM-10:45AM | | | | | |
| Gentlefit | 11:00AM-11:45AM | | | | | |
| Aquafit | 10:00AM-10:45AM | 11:00AM-11:45AM | 11:00AM-11:45AM | | | |
| Group Power | 6:00PM-7:00PM | | | | | 9:00AM-10:00AM |
| Yoga | 7:15PM-8:15PM | | 12:00PM-1:00PM | | | |
| Strictly Strength | | 9:00AM-9:30AM | | | | |
| Pilates | | 10:00AM-10:45AM 7:00PM-8:00PM | | | | 10:30AM-11:30AM |
| Zumba | | 11:00AM-11:45AM 6:00PM-6:45PM | | | | |
| Metafit | | | | | | |

| Program | Monday, December 29 | Tuesday, December 30 | Wednesday, December 31 | Thursday, January 1 | Friday, January 2 | Saturday, January 3 |
|-------------------|------------------------|----------------------------------|---------------------------|--|----------------------|------------------------|
| OTM | 9:00AM-9:45AM | 9:45AM-10:30AM | 9:00AM-9:45AM | No Fitness Classes Conditioning Floor is open from 10:00AM-3:00PM | 10:00AM-10:45AM | |
| Step & Sculpt | 10:00AM-10:45AM | | | | | |
| Gentlefit | 11:00AM-11:45AM | | 10:00AM-10:45AM | | 11:00AM-11:45AM | |
| Aquafit | 10:00AM-10:45AM | 11:00AM-11:45AM | 11:00AM-11:45AM | | 11:00AM-11:45AM | |
| Group Power | 6:00PM-7:00PM | | | | | 9:00AM-10:00AM |
| Yoga | 7:15PM-8:15PM | | 12:00PM-1:00PM | | 12:30PM-1:30PM | |
| Strictly Strength | | 9:00AM-9:30AM | | | | |
| Pilates | | 10:00AM-10:45AM 7:00PM-8:00PM | | | | 10:30AM-11:30AM |
| Zumba | | 11:00AM-11:45AM 6:00PM-6:45PM | | | | |
| Metafit | | | 11:00AM-11:30AM | | 9:00AM-9:30AM | |

Innisfil YMCA Holiday Hours

Wednesday, December 24: 6:00AM-3:00PM

Thursday, December 25: Closed

Friday, December 26: Closed

Wednesday, December 31: 6:00AM-3:00PM

Thursday, January 01: 10:00AM-3:00PM

NOTE: Schedule subject to change.

Please visit our Portal to check on the class times, cancellations or program changes.