



**YMCA of
Woodstock**

**AT A
GLANCE**

Winter January 9 - April 29, 2012

Water Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:00am AquaFit Shallow/Deep	8:45-9:15am Water Walking	9:15-10:00am AquaFit Shallow/Deep	8:45-9:15am Water Walking	9:15-10:00am AquaFit Shallow/Deep	9:00-9:45am AquaFit Shallow/Deep	
1:15-2:00pm AquaFit Shallow/Deep	9:15-10:00am AquaFit Shallow/Deep	1:15-2:00pm AquaFit Shallow/Deep	9:15-10:00am AquaFit Shallow/Deep			
7:15-8:00pm AquaFit Shallow/Deep	8:15-9:00pm AquaFit Shallow/Deep		8:15-9:00pm AquaFit Shallow/Deep			

Land Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am Bootcamp	7:15-8:00am Combo	9:30-10:30am Step	6:15-7:00am Cycle*	8:15-9:15am VON	9:00-9:45am Instructor's Choice	BUILDING HOURS: Mon-Fri: 6:00am-10:00pm Saturday: 7:30am-6:00pm Sunday: 9:00am-5:00pm * Registered Program/sign up Woodstock YMCA 808 Dundas Street Woodstock, Ontario 519.539.6181
10:45-11:45am VON	9:30-10:30am Stability Ball	10:45-11:45am VON	9:30-10:30am Cycle*	9:30-10:30am Beginner Yoga	1:00-3:00pm Kobudo*	
12:10-12:50pm Cardio	10:30-11:00am Abs/Stretch	12:10-12:50pm Circuit	10:30-11:00am Abs/Stretch	12:10-12:50pm Weights		
12:30-1:30pm Floor Hockey		12:30-1:30pm Floor Hockey	12:10-12:50pm Zumba	12:30-1:30pm Floor Hockey		
5:00-6:00pm Advanced Yoga			5:00-6:00pm Cycle*			
6:00-7:00pm TBC	6:00-7:00pm Advanced Cycle	6:00-7:00pm Body Blender	6:00-7:00pm TBC	6:00-7:00pm 1/2 Step - 1/2 Bootcamp		
7:00-8:00pm Cardio Box	7:00-8:00pm Bars & Plates*	7:00-8:00pm Barbell Blast	7:00-8:00pm Zumba			
8:00-10:00pm Adult Karate*	8:00-9:00pm Yoga Intermediate	8:00-10:00pm Adult Karate*				

Pool, Playroom & Gymnasium Winter 2012 Schedule

Recreational Swim Times (Children under 8 years must be accompanied in the water with in arms reach by someone 14 years or older.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:00am		10:30-11:00am		10:30-11:00am		
				4:30-5:30pm	2:00-4:30pm	2:00-4:30pm
	7:00-8:00pm		7:00-8:00pm	6:30-8:30pm		
MARCH BREAK ONLY						
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm		

Lane Swim (14+)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-9:15am	7:00-8:45am	7:00-9:15am	7:00-8:45am	7:00-9:15am	7:30-9:00am	
11:30-1:00pm	11:30-12:30pm	11:30-1:00pm	11:30-12:30pm	11:30-12:30pm		12:45-2:00pm
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm		
8:00-9:30pm	9:00-9:30pm	8:00-9:30pm	9:00-9:30pm	8:30-9:30pm		

Playroom (Ages 3 months- 5 years, parents are required to reserve a spot 24 hours prior & remain in the building.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am-12:00pm	8:30am-12:00pm	8:30am-12:00pm	8:30am-12:00pm	8:30am-12:00pm	9:00am-12:00pm	9:00am-12:00pm
5:00-8:00pm	5:00-8:00pm	5:00-8:00pm	5:00-8:00pm			

Y-ired Zone (Ages 6-13 years, times listed below are supervised.) *During unsupervised times children 8 years & under must be supervised by an adult.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm		9:00am-12:00pm	9:00am-12:00pm

Open Gymnasium Times (subject to change due to gym rentals)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-10:00am	6:00am-4:00pm	6:00am-10:00am	6:00am-4:00pm	6:00am-10:00am	7:30am-9:30am 2:00-5:30pm (unless rented for parties)	9:00am-2:00pm 2:00pm-4:30pm (unless rented for parties)
10:00-12:30pm (1/2 gym)	8:30pm-9:45pm	10:00-12:30pm (1/2 gym)		10:00-12:30pm (1/2 gym)		
1:30-4:00pm		1:30-4:00pm		1:30-5:00pm		
				8:00-9:45pm (1/2 gym)		