



# YMCA of Pictou County— Virtual and Outdoors

YMCA of Pictou County | Closure Period Schedule

2756 Westville Rd. New Glasgow www.pcmca.ca 902-752-0202

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	
Location	Virtual	*Outside YMCA	Virtual	Virtual	*Outside YMCA	Virtual	Virtual	
8:00						Cyclefit 8-8:50	Cyclefit 8-8:50	
8:30								
9:00	HIIT Class 9-9:50	*Kettlebell Class 9-9:45	Vinyasa Yoga 9-9:50	Group Power 9-9:50	*Outdoor Weight Room 9-10	Barre 9-9:50	HIIT Class 9-9:50	Group Power 9-9:50
9:30								
10:00	Fit for Life 10-10:50	*Kettlebell Class 10-10:45	Chair Yoga 10-10:50	Fit for Life 10-10:50	*Outdoor Weight Room 10-11	Balance 10-10:50	Fit for Life 10-10:50	Vinyasa Yoga 10-10:50
10:30								
11:00	Balance 11-11:50		Tai Chi 11-11:50			Tai Chi 11-11:50		
11:30								
12:00			Cyclefit 12-12:50			Cyclefit 12-12:50		
12:30								
1:00	Δ	Δ	Δ	Δ	Δ	Δ		
1:30								
2:00	Δ	Δ	Δ	Δ	Δ	Δ		
2:30								
3:00								
3:30								
4:00	Δ	*Outdoor Weight Room 4-5	Δ	Δ	Δ	Δ	Δ	
4:30				Cyclefit Express 4:30-5				
5:00		*Outdoor Weight Room 5-6						
5:30	Cyclefit Express 5:30-6:00	*Outdoor Weight Room 6-7	Cyclefit 5:30-6:20	Cyclefit 5:30-6:20	*Outdoor HIIT 5:30-6:15	Cyclefit 5:30-6:15	Cyclefit 6-7	
6:00								
6:30	Group Power 6:30-7:30		Barre 6:30-7:20	HIIT 6:30-7:20	*Outdoor HIIT 6:30-7:15	Vinyasa Yoga 6:30-7:30		
7:00								
7:30								
8:00								

Schedule starts Monday May 3

<b>Key:</b>				
*Outdoor High Intensity	At home Low Intensity	At home Medium Intensity	At home High Intensity	At home Cyclefit
*Weather Permitting Δ Personal Training/small group training—Virtual or outdoors— contact Marla.sim@pcmca.ca				

**Member Information:**  
 All YMCA memberships have been put on hold effective April 28th. To opt into our outdoor and virtual fitness classes, please visit [www.pcmca.ca](http://www.pcmca.ca) and register for our virtual YMCA membership. Equipment packages are also available for fitness classes.  
**Step 1.** enter the email address associated with your YMCA account. “forget password” to re-set your password.  
**Step 2.** Search YMCA Virtual membership. Add to cart.  
**Step 3.** Add any desired equipment packages  
**Step 3.** Proceed to checkout.