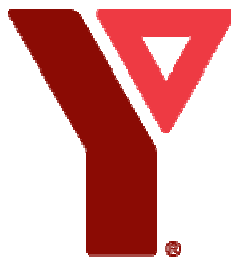


Hours of Operation
 Monday to Friday
 5:30am – 10:00pm
 Saturday and Sunday
 7:30am – 5:30pm
Statutory Holidays
 9:00am – 2:00pm



YMCA of Central East Ontario
 City of Quinte West Branch
 50 Monogram Place
 Trenton, Ontario
 K8V 5P8
 Tel: 613.394.9622
 Fax: 613.394.8223
<http://www.ymcaofceo.ca>
effective January 8, 2018

Winter 2018 Open Gym / Fitness / Adult Programs Schedule

Winter 2018 Gym / Fitness / Adult Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Health, Fitness & Recreation Classes		7:00-7:45am CycleFit (Fitness Studio)	7:00 – 7:45am Simply Strength (Fitness Studio)	7:00-7:45am CycleFit (Fitness Studio)			
	8:15 – 9:00am In Motion (Fitness Studio)	8:15 – 9:00am Gentle Fit (Fitness Studio)	8:15 – 9:00am In Motion (Fitness Studio)	8:15 – 9:00am Gentle Fit (Fitness Studio)	8:15 – 9:00am In Motion (Fitness Studio)	8:15-9:00am CycleFit (Fitness Studio)	9:00am-12pm Adult Recreational Pickle Ball
	9:15-10:00am CycleFit (Fitness Studio)	9:30 – 10:15am Simply Strength (West Gym)	9:15-10:00am CycleFit (Fitness Studio)	10:00 – 10:30am HIIT It (West Gym)	9:15-10:00am CycleFit (Fitness Studio)	9:15-10:00am Boot Camp (West Gym)	
	9:30 – 10:30am Total Body Blast (West Gym)	10:30-11:00am Roll It Out (West Gym)	9:30-10:15am Boot Camp (West Gym)	10:30-11:00am Roll It Out (West Gym)	9:30 – 10:30am Total Body & Core (West Gym)		
	10:30-11:30am Yoga (Fitness Studio)	11:00 –11:45am Gentle Fit (West Gym)	10:30-11:30am Yoga (Fitness Studio)	11:00 –11:45am In Motion (West Gym)	10:30-11:30am Yoga (Fitness Studio)		Indicates Drop in Fitness Classes that are included with your membership. These are available to members 12 and older.
	<i>*Post Rehab 2*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 1*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 2*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 1*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 2*</i> 1:30-3:00pm (Fitness Studio)		
	5:00-6:00pm Cycle Strong (Fitness Studio)	12:00pm-3pm Adult Recreational Pickle Ball (gym)		12:00pm-3pm Adult Recreational Pickle Ball (gym)			<i>*Classes in Italics with Stars Require Registration*</i>
	5:15-6:00pm Simply Strength (West Gym)	5:30-6:15pm Suspension Training (Fitness Studio)	5:20-6:05pm CycleFit (Fitness Studio)	5:15-6:00pm Boot Camp with a TRX Twist (Fitness Studio)			
	<i>*Kickboxing*</i> 6:15-7:15pm (Fitness Studio)		6:15 – 7:15pm Total Body Blast (Fitness Studio)				
	6:15-7:00pm Zumba (West Gym)	6:30-7:15pm CycleFit (Fitness Studio)	6:30-7:15pm Family Yoga (Fitness Studio)	6:15-7:00pm CycleFit (Fitness Studio)			
	7:15-8:30pm Yoga (Multi-Purpose Room)	6:30 – 8:30pm Wheelchair Basketball Quinte	7:30-8:30pm Yoga (Multi-Purpose Room)		**Cross Training* 7:30-8:30pm	If an individual class has fewer than 3 people, the instructor will have discretion to cancel.	
	<i>*Teen/Adult Martial Arts*</i> (16+) 7:30-9:00pm		8:00 – 9:30pm Adult Drop in Basketball (14+)				

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - times subject to change	5:30am - 9:15am 12:30pm-5:00pm 8:00pm-9:45pm	5:30am - 9:15am 3:30pm-4:30pm	5:30am - 9:15am 12:00pm-4:00pm	5:30am - 9:15am 3:30pm-4:30pm 9:00pm - 9:45pm	5:30am - 9:15am 10:30am-12:45pm 1:15pm - 5:00pm	7:30am -9:00am 1:30pm - 5:15pm	7:30-8:45am 12:00pm-5:15pm
KidsKare	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	8:30am - 12:00pm	
	4:30pm-8:00pm	4:30pm-8:00pm	4:30pm-8:00pm	4:30pm-8:00pm			

YMCA Wellness Program
 A YMCA Fitness Coach will develop a Health and Fitness plan specific to your fitness goals. This program is free with your YMCA membership. YMCA Wellness Program covers the following:
 *Demonstration of proper use of the Cardio Machines
 * Individualized Resistance Program
 *Introduction to YMCA Group Fitness Classes
 YMCA Wellness Program is designed to help you in the following ways:
 *Commit to a manageable program
 *Increase energy levels
 *Ensure that you are comfortable with the YMCA building facilities, programs and services

Cross Training
 Are you looking for a way to increase your performance and overall fitness without stressing your body to the max? Cross Training is designed for athletes and fitness enthusiasts looking to increase sport or personal performance through a variety of activities including weight lifting, indoor cycling, swimming, functional training and flexibility.
 Thursdays 7:30-8:30pm
 YM \$45 +hst, NM \$90 +hst

Aquatic Personal Training
 *Breathing Techniques
 *Improve Agility
 *Vertical Water Training
 *Interval Training
 *Improve flexibility and prevent injury
 *Learn about magic properties of the water and leave your workout feeling good
 *Have more fun in the water
1-5 sessions \$40 + hst
6-10 sessions \$35 + hst
Buy 10 sessions and get one free!