



YMCA of Central East Ontario

Belleville Branch

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<http://www.ymcaofceo.ca>

Effective January 8 2018

Hours of Operation

Monday to Friday 5:30am – 10:00pm

Saturday & Sunday 7:30am – 5:30pm

Statutory Holidays

9:00am – 2:00pm

2018 FITNESS CLASS * REGISTERED PROGRAM * OPEN GYM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM	5:30AM-8:15AM 10:45AM-3:00PM 3:00PM-4:00PM 7:35PM-9:45PM	5:30AM-9:15AM 10:35AM-4:30PM 7:35PM-9:45PM	5:30AM-8:15AM 10:45AM-1:00PM 3:00PM-4:00PM 8:35PM-9:45PM	5:30AM-9:15AM 12:00PM-3:45PM 6:35PM-7:15PM 7:15PM-9:45PM	5:30AM-8:15AM 10:35AM-11:45AM 2:00PM-4:00PM 6:35PM-9:45PM	7:30AM-8:45AM 3:00PM-5:15PM	7:30AM-12:45PM 3:00PM-5:15PM
Adult Health & Fitness Classes & Programs	8:30AM-9:10AM Gentlefit gymnasium	8:30AM-9:15AM Cyclefit (CR) mezzanine	8:30AM-9:10AM Gentlefit gymnasium	8:30AM-9:15AM Cyclefit (CR) mezzanine	8:30AM-9:10AM Gentlefit gymnasium	9:00AM-10:00AM Sculpt & Tone gymnasium	1:00PM-2:45PM Y-Tri Youth Program pool / track / mezz
	9:30AM-10:30AM Cardio/Core/Sculpt gymnasium	9:30AM-10:30AM Sculpt & Tone gymnasium	9:30AM-10:30AM Yoga gymnasium	9:30AM-10:30AM Dance Evolution gymnasium	9:30AM-10:30AM Pilates gymnasium	10:00AM-10:45AM Cyclefit (CR) mezzanine	
	12:10PM-12:55PM Cyclefit (CR) mezzanine	12:10PM-12:55PM Cardio/Core/Sculpt gymnasium (1/2)	12:10PM-12:55PM Cyclefit (CR) mezzanine	10:45AM-11:30AM MHS Floor Hockey gymnasium	10:45AM-11:30AM meditation studio		
	1:00PM-3:00PM Pickleball gymnasium (1/2)	1:30PM-3:00PM Post Rehab conditioning centre	1:00PM-2:00PM VON Stroke gymnasium (1/2)	12:10PM-12:55PM Cardio/Core/Sculpt gymnasium (1/2)	12:10PM-12:55PM Yoga gymnasium		
	5:30PM-6:15PM Cyclefit (CR) mezzanine	5:00 PM-5:30 PM Hiit Lower & Core gymnasium (1/2)	1:00PM-3:00PM Pickleball gymnasium (1/2)	1:30PM-3:00PM Post Rehab conditioning centre	1:00PM-2:00PM VON Stroke gymnasium (1/2)		
	6:30PM-7:30PM Mix It Up gymnasium (1/2)	5:30PM-6:00PM Hiit Upper & Core gymnasium (1/2)	4:00PM-5:00PM Teen Strength conditioning centre	5:00PM-5:30PM Hiit Upper & Core gymnasium (1/2)	1:00PM-3:00PM Pickleball gymnasium (1/2)		
	6:30PM-7:30PM Yoga (CR) auditorium	6:00PM-6:30PM Hiit Full Body gymnasium (1/2)	5:30PM-6:15PM Cycle Strength (CR) mezzanine	5:30PM-6:00PM Hiit Lower & Core gymnasium (1/2)	5:30PM-6:30PM Cardio/Core/Sculpt gymnasium (1/2)		
		6:30PM-7:15PM Family Cyclefit (CR) mezzanine	6:30PM-7:30PM Mix It Up gymnasium (1/2)	6:00PM-6:30PM Hiit Full Body gymnasium (1/2)		<p>Let us help you and your friends with your Fitness Goals! *SMALL GROUP TRAINING*</p> <p>YOUR GROUP SHARES THE COST OF A PERSONAL TRAINER</p> <p>VISIT THE MEMBERSHIP SERVICE DESK FOR DETAILS OR SPEAK WITH A MEMBER OF THE HEALTH & FITNESS STAFF</p>	
		6:30PM-7:30PM Belly Dancing studio	7:30PM-8:30PM Volleyball gymnasium (1/2)	6:15PM-7:00PM Spin & Zen (spin) (CR) mezzanine			
				7:00PM-7:45PM Spin & Zen (yoga) (CR) studio			

KIDS KARE HOURS

Yes! Kids kare is open
Friday and Saturday too!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 1:00pm	8:30am - 12:00pm

FOR YOUR CONVENIENCE AND PEACE OF MIND WE OFFER
KIDS CARE SERVICES
\$3.00/HR PER CHILD
ADDITIONAL CHILDREN
+\$1.50 each/HR
Or \$22 per child for
Unlimited per month service
(Max at one time 2.5 hrs.
Parents must remain in building)

YOGA AT THE YMCA

Come join us for stretching, relaxation and some fun
in a variety of Yoga classes and programs

YOGA Mon. 6:30-7:30pm (Auditorium) Wed. 9:30-10:30am (gym) Fri. 12:10-12:55pm (gym)

SPIN & ZEN Thu. 6:15 - 7:00pm (Cyclefit) then 7:00 - 7:45pm (Yoga in the studio)

YOGA FOR YOUTH Mon. 4:30-5:15pm (4-6 yrs) & 5:30-6:15pm (10-13 yrs)

ADULT RECREATIONAL ACTIVITIES

PICKLEBALL - Mon./Wed./Fri. 1:00-3:00pm

VOLLEYBALL - Wed. 7:30-8:30pm

Y MEMBERS - NO CHARGE
NON MEMBERS - \$5.00+HST
OR

Enjoy the whole facility with a day pass
Adults - \$10.75 taxes incl.
Seniors - \$7.50 taxes incl.



Member Connect

Let us help you enjoy your YMCA membership
to the fullest with
WELLNESS COACHING

COMPLIMENTARY WITH YOUR MEMBERSHIP
RECEIVE 4 ONE ON ONE SESSIONS WITH A YMCA
TRAINER THAT INCLUDES 4 PROGRESSIVE EXERCISE
PROGRAMS TO GET YOU STARTED

**PLEASE SCHEDULE APPOINTMENTS AT THE
MEMBERSHIP SERVICE DESK OR SPEAK TO A
MEMBER OF THE HEALTH & FITNESS STAFF**

Pick up a copy of our latest BROCHURE to check out other YMCA programs and services available to you!
Visit us at www.ymcaofceo.ca or our Facebook page or follow us on Twitter