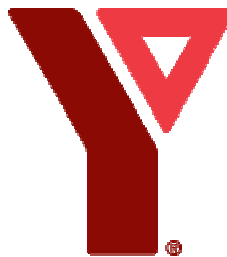


**Hours of Operation**  
Monday to Friday  
**5:30am** – 10:00pm  
Saturday and Sunday  
7:30am – 5:30pm  
**Statutory Holidays**  
9:00am – 2:00pm



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 Jan 7-Apr 7,2019**

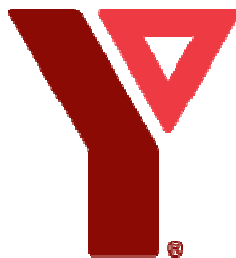
**Winter 2019 Open Gym / Fitness / Adult Programs Schedule**

**Winter 2019 Gym / Fitness / Adult Programs Schedule**

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

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**Winter 2019 Open Gym / Fitness / Adult Programs Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> - 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 10:15am -5:15pm	7:30-8:45am
<b>KidsKare</b>	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

**Wheelchair Basketball Quinte**  
 All are welcome!  
 This program is an opportunity for individuals of varying physical abilities and exceptionalities to participate in a game of basketball. A limited number of wheelchairs are provided or participants may use their own. Tuesday 6:30 – 8:30pm YM - No Charge NM - \$5.00 + hst  
**6:30-7:30 Introduction to Wheelchair Basketball (9 and up, under 13 must be supervised by an adult).**  
**7:30-8:30 Competitive Wheelchair Basketball (Adult Drop-in program ages 12 and up)**

**SUP Fitness**  
 Take your workout to a whole new level with the fastest growing water sport in the world. A full-body, functional SUP board based workout for 45 minute of muscle building, balance challenging and fun. All equipment is supplied. No experience is necessary, but a moderate fitness level is recommended.  
**6 week session**  
**Starts the week of Oct 1st - Nov 8th.**  
**Monday or Wednesday 7:15-8:00pm**  
**Thursday 10:15- 11:00am YM \$60 + hst NM \$140 + hst**

