



**Building Hours of Operation**

Monday to Friday 5:00am-10:30pm  
 Saturday and Sunday 7:00am-7:30pm  
 Statutory Holidays 7:00am-5:30pm

YMCA of Central East Ontario  
 Balsillie Family Branch  
 123 Aylmer Street South  
 Peterborough, Ontario K9J 3H8  
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 Fax. 705-741-3719  
<http://www.ymcaofceo.ca>

Effective January 7- June 23, 2019

**Adult Fitness Classes**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Drop In Fitness</b>	6:00-7:00am <b>Cyclefit- Studio</b>	6:15-7:00am <b>Yogaflow-MPR</b>	9:00-10:00am <b>Cardio/Strength Mix - Studio</b>	6:15-7:00am <b>Yogaflow-MPR</b>	6:00-7:00am <b>Cyclefit- Studio</b>	8:00-8:30am <b>Corefit- Gym</b>	8:30-9:30am <b>Cyclefit-Studio</b>
	9:15-10:10am <b>Total Body Blast Studio</b>	9:00-10:00am <b>Strength &amp; Stretch- MPR</b>	9:10-10:10 <b>Power Pump- Gym</b>	9:10-10:00am <b>Step -Studio</b>	9:00-10:00am <b>Strength &amp; Stretch- Studio</b>	8:30-9:15am <b>Cyclefit- Studio</b>	9:45-10:30am <b>Extreme Power Yoga - Studio</b>
	9:10-10:10am <b>Sculpt &amp; Tone- Gym</b>	9:05-10:05am <b>Functional Strength- Studio</b>	10:15-11:15am <b>Gentle Yoga-Studio</b>	10:15-11:15am <b>Hatha Yoga Studio</b>	10:10-10:55am <b>Total Body Blast Studio</b>	9:00-10:00am <b>Hi/lo- Gym</b>	10:45-11:45am <b>Sunday Soul Yoga - Studio</b>
	10:15-11:00am <b>Core Strength &amp; Stretch- Studio</b>	10:15-11:15am <b>Hatha Yoga (winter) Kripalu Yoga (Spring) - Studio</b>	11:30-12:00 <b>Chair Yoga- Studio</b>	12:15-1:00pm <b>Sculpt &amp; Tone Studio</b>	12:15-1:00pm <b>Bootcamp- Studio</b>		
	11:15-12:00 <b>Chair Yoga- Studio</b>	12:15-1:00pm <b>Bootcamp-Studio</b>	12:15-1:00pm <b>Hi/lo- Gym</b>	12:15-1:15pm <b>Strength &amp; Stretch (winter) Kripalu Yoga (Spring) - MPR</b>	12:15-1:00pm <b>Hi/lo- Gym</b>		
	12:15-1:00pm <b>Core Strength &amp; Stretch-Studio</b>	12:15-1:00pm <b>Hi/lo- Gym</b>	<b>12:15-1:00 Cycle Strong - Studio</b>	1:15-2:15pm <b>InMotion- Studio</b>	1:15-2:15pm <b>In Motion-Studio</b>		
	12:15-1:00pm <b>15/15/15- Gym</b>	1:15-2:15pm <b>In Motion-Studio</b>	12:30-1:00pm- MPR 1:10-1:40pm- Studio <b>Fitness Exercise &amp; Falls Prevention</b>	6:00-6:45pm <b>Core Strength &amp; Stretch- Studio</b>	5:15-5:55pm <b>Core, Glute &amp; Thigh- Studio</b>		
	12:15-1:00pm <b>Cyclefit-MPR</b>	5:15-6:15pm <b>Body Burn- Studio</b>	5:15-5:45pm <b>Corefit- Studio</b>	7:00-7:45pm <b>Boot Camp- Studio</b>	6:00-6:45pm <b>Cyclefit Studio</b>		
	5:15-5:45pm <b>Corefit- Studio</b>	5:30-6:15pm <b>Boxfit- Studio</b>	<b>6:00-6:45pm Strength Conditioning - Studio</b>	8:00-9:00pm <b>Ying Yang Yoga- Studio</b>			
	6:00-6:45pm <b>Glute, Leg &amp; Thigh- Studio</b>	6:30-7:30pm <b>HIIT Bootcamp- Studio</b>					
	8:00-9:00pm <b>Yogaflow- Studio</b>	7:45-8:45pm <b>Restorative Yoga - Studio</b>	6:00-6:45pm <b>Cyclefit-Studio</b>				
	<b>Studio Drop In</b>	5:00-9:00am 3:00-5:00pm 9:15-10:15pm	5:00-8:45am 11:30-12:00pm 2:15-3:15pm 8:45-10:15pm	5:00-8:45am 1:45-2:45pm 8:00-10:15pm	5:00-9:00am 2:15-4:45pm 9:00-10:15pm	5:00-8:45am 2:15-3:00pm 9:00-10:15pm	7:00-8:15am 12:30-7:15pm