



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
 Tel. 705-748-9622
 Fax. 705-741-3719
<http://www.ymcaofceo.ca>

Effective January 7- June 23, 2019

Adult Fitness Classes

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