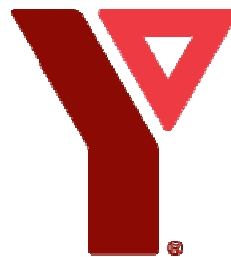


Hours of Operation
Monday to Friday
5:30am – 10:00pm
Saturday and Sunday
7:30am – 5:30pm
Statutory Holidays
9:00am – 2:00pm



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
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)	9:30 – 10:00am Suspension Training (Fitness Studio)	9:15-10:00am CycleFit (Fitness Studio)	9:15-10:00am Boot Camp (West Gym)	9:00-10:30am Hatha Yoga (Multi-Purpose Room)
	9:30 – 10:30am Total Body Blast (West Gym)	10:30-11:15am Roll It Out (West Gym)	9:30-10:15am Boot Camp (West Gym)	10:00-10:30am HIIT (West Gym)	9:30 – 10:30am Total Body & Core (West Gym)		
	10:30-11:30am Yoga (Fitness Studio)	10:30-11:15am Gentle Yoga/Stretch (Fitness Studio)	9:15-10:00am Zumba (Multi-purpose)	10:30-11:15am Gentle Yoga/Stretch (Fitness Studio)	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*</i> 1:30-3:00pm (Fitness Studio)	11:00 –11:45am Gentle Fit (West Gym)	10:30-11:30am Yoga (Fitness Studio)	11:00 –11:45am Gentle Fit (West Gym)			
	5:15-6:00pm Simply Strength (West Gym)	12:00pm-3pm Adult Recreational Pickle Ball (gym)	<i>*Post Rehab*</i> 1:30-3:00pm (Fitness Studio)	12:00pm-3pm Adult Recreational Pickle Ball (gym)	<i>*Post Rehab*</i> 1:30-3:00pm (Fitness Studio)		
	5:20-6:05pm CycleFit (Fitness Studio)		5:30-6:15pm CycleFit (Fitness Studio)			*Classes in Italics with Stars Require Registration*	Schedule subject to change at any time
	6:15-7:00pm Zumba (Fitness Studio)	5:30-6:15pm Suspension Training (Fitness Studio)		5:30-6:15pm Boot Camp with a TRX Twist			
	7:30-8:30pm Hatha Yoga (Multi-Purpose Room)	6:30-7:30pm Power Hour CycleFit (Fitness Studio)	6:30 – 7:30pm Total Body Blast (Fitness Studio)	6:30-7:15pm CycleFit (Fitness Studio)			
	<i>*Teen/Adult Martial Arts* (16+)</i> 7:15-8:45pm	6:30 – 8:30pm Wheelchair Basketball Quinte (please see back for details)	7:30-8:30pm Yoga (Multi-Purpose Room)			If an individual class has fewer than 3 people, the instructor will have discretion to cancel.	
			8:00 – 9:30pm Adult Drop in Basketball (14+)				

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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 10:15am -5:15pm	7:30-8:45am
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

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
Monday or Wednesday 7:15-8:00pm
Thursday 10:15- 11:00am YM \$60 + hst NM \$140 + hst