

**Hours of Operation**

Monday to Friday  
5:00am - 10:30pm  
Saturday & Sunday  
7:00am - 7:30pm

**Statutory Holidays**

7:00am - 5:30pm

Schedule in effect:  
March Break  
March 11-17, 2019



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>

<b>Drop In Programs/ Open Gym Schedule</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym Times</b>	5:00-8:00am 6:00-10:15pm	5:00-8:00am 6:00-10:15pm	5:00-8:00am 6:00-10:15pm	5:00-8:00am 6:00-10:15pm	5:00-10:15am 6:00-10:15pm	7:00-7:45am 10:00-12:15pm 1:30-7:15pm	7:00-12:45pm 2:00-7:15pm
<b>Kidskare</b>	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 8:00pm	9:00 - 1:00pm 4:00 - 7:00pm	9:00-1:00pm	9:00-1:00pm
<b>Drop In Programs</b>	Drop in Crafts 9:30-10:15am  Drop In Gym 10:30 - 11:30am	Drop In Gym 9:30 - 11:30am	Drop in Crafts 9:30-10:15am  Drop In Gym 10:30 - 11:30am	Drop In Gym 9:30 - 11:30am  Drop In Adult Basketball (14+) 7:15-10:15pm	Drop In Gym 9:30 - 11:30am	Drop In Gym 10:00 - 12:30pm	Drop In Intermediate Volleyball (all ages) 4:00-7:00pm

<p><b>Special Events</b></p> <p><b>Healthy Kids Day</b> April 28th 10am-1pm</p>	<p><b>PA Days- 8:00am-5:00pm</b></p> <p>March 8- Under the Sea April 5-Pirate Paradise May 10- Pirate Paradise June 7- Superheroes June 28- Little Einsteins</p> <p>Members \$35.00/Day    Non members \$38.00/Day</p> <p><i>Be sure to pick up a copy of Camp Reminders at the Membership desk</i></p>	<p><b>Birthdays At the YMCA</b></p> <p>Book a birthday with the YMCA! Birthdays can be booked on Saturdays or Sundays and include set up, decorations, pizza, juice and a party host:</p> <ul style="list-style-type: none"> <li>• <b>Option One:</b> One hour in the gym, one hour of swimming and one hour in the party room YM - \$20.00/child    NM - \$23.00/child</li> <li>• <b>Option Two:</b> One hour in the gym and one hour in the party room YM - \$17.00/child    NM - \$20.00/child</li> </ul> <p>Cake or Cupcake Cake available for an additional fee. Saturdays and Sundays 1:00-4:00pm For more information please contact the Membership Services Desk or call us at 705-748-9642 x 221</p>
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**Building Hours of Operation**  
**Monday to Friday** 5:00am-10:30pm  
**Saturday and Sunday** 7:00am-7:30pm  
**Statutory Holidays** 7:00am-5:30pm

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**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 - Gym</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>	10:15-11:15am <b>Gentle Yoga-Studio</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>	11:30-12:00 <b>Chair 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>	12:15-1:00pm <b>Hi/lo- Gym</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>	<b>12:15-1:00 Cycle Strong - Studio</b>	12:15-1:15pm <b>Strength &amp; Stretch (winter) Kripalu Yoga (Spring) - Board Room</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>	5:15-5:45pm <b>Corefit- Studio</b>	1:15-2:15pm <b>InMotion- Studio</b>	5:15-5:55pm <b>Core, Glute &amp; Thigh- Studio</b>		
	12:15-1:00pm <b>15/15/15- Gym</b>	1:15-2:15pm <b>In Motion-Studio</b>	<b>6:00-6:45pm Strength Conditioning - Studio</b>	6:00-6:45pm <b>Core Strength &amp; Stretch- Studio</b>	6:00-6:45pm <b>Cyclefit Studio</b>		
	12:15-1:00pm <b>Cyclefit-Studio</b>	5:15-6:15pm <b>Body Burn- Studio</b>	6:00-6:45pm <b>Cyclefit-Studio</b>	7:00-7:45pm <b>Boot Camp- Studio</b>			
	5:15-5:45pm <b>Corefit- Studio</b>	5:30-6:15pm <b>Boxfit- 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>					
	<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