

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



YMCA of Central East Ontario
Belleville Branch
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<http://www.ymcaofceo.ca>
Effective April 8 2019

2019 FITNESS CLASS * REGISTERED PROGRAM * OPEN GYM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Times	5:30AM-8:15AM 10:45AM-5:00PM 7:45PM-9:45PM	5:30AM-9:15AM 10:45AM-12:00PM 1:00PM-5:15PM 8:30PM-9:45PM	5:30AM-8:15AM 10:45AM-12:00PM 1:00PM-4:00PM 7:00PM-9:45PM	5:30AM-9:15AM 1:00PM-4:00PM 6:45PM-9:45PM	5:30AM-8:15AM 10:45AM-12:00PM 1:00PM-9:45PM	7:30AM-8:45AM 12:00PM-5:15PM	7:30AM-5:15PM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING 5:30AM-12:00PM	8:00AM-8:30AM Turf Time Circuit the rig	8:30AM-9:15AM Cyclefit spin room	8:00AM-8:30AM Turf Time Circuit the rig	8:30AM-9:15AM Cyclefit spin room	8:30AM-9:10AM Gentlefit gym	9:00AM-10:00AM Sculpt & Tone gym	
	8:30AM-9:10AM Gentlefit gym	9:30AM-10:30AM Sculpt & Tone gym	8:30AM-9:10AM Gentlefit gym	9:30AM-10:30AM Dance Evolution gym	9:30AM-10:30AM Pilates gym	10:00AM-10:45AM Cyclefit spin room	
	9:30AM-10:30AM Cardio/Core/Sculpt gym		9:30AM-10:30AM Yoga gym	10:45AM-11:30AM MHS Floor Hockey gym	10:45AM-11:45AM Meditation studio		
				11:30AM-12:00PM Tai Chi studio			
AFTERNOON 12:00PM-5:00PM	12:10PM-12:55PM Cyclefit spin room	12:10PM-12:55PM Cardio/Core/Sculpt gym	12:10PM-12:55PM Zumba/HIIT gym	12:10PM-12:55PM Cardio/Core/Sculpt gym	12:10PM-12:55PM Yoga studio		1:00PM-2:45PM Y-Tri Youth Program pool / track / spin
	1:00PM-1:30PM Corporate Fitness studio	1:30PM-3:00PM Post Rehab conditioning centre	1:00PM-2:00PM VON Stroke conditioning centre	1:30PM-3:00PM Post Rehab conditioning centre	1:00PM-2:00PM VON Stroke conditioning centre		
		4:00PM-4:45PM Teen Strength conditioning centre	4:00PM-4:45PM Teen Strength conditioning centre	4:00PM-4:45PM Teen Strength conditioning centre			
EVENING 5:00PM-10:00PM	5:30PM-6:15PM Cyclefit spin room	5:00PM-6:00PM Yoga multi purpose room	5:30PM-6:15PM Cycle Strength spin room	6:00PM-6:30PM Hiit Lower & Core gym			
	6:30PM-7:30PM Mix It Up gym	5:30PM-6:00PM Hiit Lower & Core gym	6:00PM-6:30PM Turf Time Circuit the rig	5:30PM-6:00PM Hiit Upper & Core gym			
	7:00PM-8:00PM Yoga auditorium	6:15PM-7:00PM Family Cyclefit spin room	6:15PM-6:45PM Core/Fusion gym	6:15PM-7:00PM Cyclefit spin room			
		6:00PM-6:30PM Hiit Upper & Core gym		6:30PM-7:30PM Yin Yoga studio			

KIDS KARE HOURS

Yes! Kids kare is open
Friday and Saturday too!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 12:00pm 5:00pm - 8:30pm	8:30am - 1:00pm	8:30am - 12:00pm
<p>FOR YOUR CONVENIENCE AND PEACE OF MIND WE OFFER KIDS CARE SERVICES \$3.00/HR PER CHILD ADDITIONAL CHILDREN +\$1.50 each/HR Or \$22 per child for Unlimited per month service <i>(Max at one time 2.5 hrs.</i> <i>Parents must remain in building)</i></p>		<p>YOGA AT THE YMCA</p> <p>Come join us for stretching, relaxation and some fun in a variety of Yoga classes and programs</p> <p>Mon. 7:00pm - 8:00pm (Auditorium) Tues. 5:00pm - 6:00pm (Multi-Purpose Room) Wed. 9:30am - 10:30am (Gym) Thurs. 6:30pm - 7:30pm Yin Yoga(Studio) Fri. 12:10pm - 12:55pm (Studio)</p>		<p>WE NOW HAVE ZUMBA</p> <p>Travel around the world with a workout that doesn't feel like a working out</p> <p>Wednesday 12:10pm - 12:55pm</p>	

<p>Enjoy the whole facility with a day pass Adults - \$10.75 taxes incl. Students & Seniors - \$7.50 taxes incl. Youth (14 & under) - \$5.00 taxes incl.</p>		<p>Member Connect Let us help you enjoy your YMCA membership to the fullest with *WELLNESS COACHING* COMPLIMENTARY WITH YOUR MEMBERSHIP RECEIVE 4 ONE ON ONE SESSIONS WITH A YMCA TRAINER THAT INCLUDES 4 PROGRESSIVE EXERCISE PROGRAMS TO GET YOU STARTED</p> <p>PLEASE SCHEDULE APPOINTMENTS AT THE MEMBERSHIP SERVICE DESK OR SPEAK TO A MEMBER OF THE HEALTH & FITNESS STAFF</p>
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Pick up a copy of our latest **BROCHURE** to check out other YMCA programs and services available to you!
Visit us at www.ymcaofceo.ca or our Facebook page or follow us on Twitter