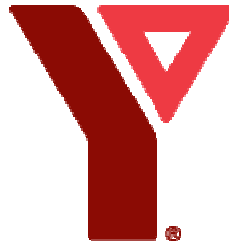


Summer 2019 Fitness / Adult Programs Schedule

**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 July 2, 2019**

Summer 2019 Fitness / Adult Programs Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15-9am <b>In Motion</b> (Fitness Studio)		8:15-9am <b>In Motion</b> (Fitness Studio)		8:15-9am <b>In Motion</b> (Fitness Studio)	8:15-9:00am <b>CycleFit</b> (Fitness Studio)	
	9:15--10:00am <b>CycleFit</b> (Fitness Studio)		9:15--10:00am <b>CycleFit</b> (Fitness Studio)		9:15--10:00am <b>CycleFit</b> (Fitness Studio)	9:30-10:15am <b>Boot Camp</b> (West Gym)	9:00-10:30am <b>Hatha Yoga</b> (Fitness Studio)
	9:30 – 10:15am <b>Total Body Blast</b> (West Gym)	9:30 – 10:15am <b>Simply Strength</b> (West Gym)	9:30-10:15am <b>Boot Camp</b> (West Gym)	9:30-10:00am <b>HIIT</b> (West Gym)	9:30 – 10:15am <b>Total Body Blast</b> (West Gym)		
	10:30-11:30am <b>Yoga</b> (Fitness Studio)	11:00-11:45am <b>In Motion</b> (Fitness Studio)	10:30-11:30am <b>Yoga</b> (Fitness Studio)				
	<i>*Post Rehab*</i> <i>1:30-3:00pm</i> <i>(Fitness studio)</i>				<i>*Post Rehab*</i> <i>1:30-3:00pm</i> <i>(Fitness studio)</i>		
		5:30-6:00pm <b>Suspension Training</b> (Fitness Studio)	<i>*Teen Strength*</i> (10-14yrs) 5:00-6:00pm	5:30-6:00pm <b>HIIT</b> (Fitness Studio)	<b>Drop in Fitness Classes are included with your membership and are available to members 12 and older</b>		
	5:15 – 6:00pm <b>Simply Strength</b> (West Gym)	6:30-7:15pm <b>CycleFit</b> (Fitness Studio)	6:15–7:00pm <b>Extreme Boot Camp</b>	6:30-7:15pm <b>CycleFit</b> (Fitness Studio)			
	7:30-8:30pm <b>Yoga</b> (multi-purpose room)		7:30-8:30pm <b>Yoga</b> (multi-purpose room)		<b>*Classes in Italics with Stars Require Registration*</b>		
			7:45– 9:30pm <b>Adult Drop in Basketball (16+)</b>				