

Hours of Operation

Monday to Friday
6:00am – 8:00pm
Saturday & Sunday
9:00am – 5:00pm
Statutory Holidays
9:00am – 2:00pm



YMCA of Central East Ontario
Belleville Branch
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Effective September 14, 2020

2020 FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Health & Fitness Classes & Programs							
	8:30 - 9:10am GentleFit Gym	8:30 - 9:15am Cyclefit Gym	8:30 - 9:10am GentleFit Gym	8:30 - 9:10am GentleFit Gym		9:00 – 9:45am Sculpt & Tone Gym	
	May add a Monday 9:30 in October in the gym	9:30 – 10:15am Sculpt & Tone Gym	9:30 – 10:15am Yoga Gym	9:30-10:15am Dance Evolution Gym	9:30 - 10:15am Pilates Gym		
				10:30 – 11:00am Parent & Baby Fit Outside			
		Will add a lunch class at 12:10 in October in the gym		10:30 – 11:15am Meditation Studio	12:10 - 12:55pm Yoga Gym		
		4:00 – 4:45pm Cycle Strength Gym					
	5:30 - 6:15pm Cyclefit Gym	5:30 - 6:15pm HIIT Full Body Outside	5:30 - 6:15pm Cycle Strength Gym	5:30 – 6:15pm Yoga Studio		<p>Let us help you and your friends reach your Fitness Goals</p> <p>*SMALL GROUP TRAINING*</p> <p>Your group shares the cost of a Personal Trainer.</p> <p>Visit the Membership Service Desk for details or speak with a member of the Fitness Staff.</p>	
	6:30-7:15pm Yoga Studio	6:30-7:15pm Cyclefit Gym	6:30 – 7:00pm Core & Stretch Gym	6:00 – 6:45pm Simply Strength Gym			
	6:30-7:00pm HIIT Outside		6:30-7:00pm Simply Strength Outside				

