

Hours of Operation

Monday to Friday
6:00am – 8:00pm
Saturday & Sunday
8:00am – 5:30pm
Statutory Holidays
9:00am – 3:00pm



YMCA of Central East Ontario
Belleville Branch
433 Victoria Ave
Belleville, Ontario K8N 2G1
Tel. 613-966-9622
Fax. 613-962-9247
<http://www.ymcaofceo.ca>
Effective October 26, 2020

2020 FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Health & Fitness Classes & Programs		6:15 – 6:45am HIIT					
	8:30 – 9:15am GentleFit Gym	8:30 – 9:15am Cardio Strength Gym	8:30 – 9:15am Gentlefit Gym	8:30 – 9:15am Cardio Strength Gym	8:30 – 9:15am Gentlefit Gym	9:00 – 9:45am Sculpt & Tone Gym	
	10:00 – 10:45am Outdoor Fitness Outside	10:00 – 10:45am Sculpt & Tone Gym	10:00 – 10:45am Yoga Gym	10:00 – 10:45am Dance Evolution Gym	10:00 – 10:45am Pilates Gym		
				11:00 – 11:45am Meditation Studio			
		12:10 – 12:55pm Cardio Strength Gym		11:00 – 11:30am Parent & Baby Fit Gym	12:10 – 12:55pm Yoga Studio		
				11:45 – 1:15pm Pickleball Gym			
		4:00 – 4:45pm Cycle Strength Gym					
	5:30 – 6:15pm Cyclefit Gym	5:30 – 6:15pm HIIT Full Body Gym	5:30 – 6:15pm Cycle Strength Gym	5:15 – 6:00pm Yoga Gym		<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	6:30 – 7:15pm Simply Strength Gym			
	5:30 – 6:15pm Outdoor Fitness Outside		5:30 – 6:15pm Outdoor Fitness Outside				

