



THIS SCHEDULE STARTS OCTOBER 12, 2020

Quinte West Y M C A

Drop In. Members 15 + Years of Age Only at this time
Masks must be worn.



GENTLEFIT
FIT 4 ALL
CYCLE FIT
SIMPLY
STRENGTH
YOGA
BOOTCAM
ZUMBA

MONDAYS
9:00 – 9:45AM
GENTLE FIT
GYM
KIT/BARB

10:15-11:00AM
FIT4ALL
GYM
MIRANDA

TUESDAYS
9:00-9:45AM
SIMPLY
STRENGTH
LEXI

10:15-11:15AM
YOGA
GYM
JUDY

WEDNESDAYS
9:00-9:45AM
ZUMBA
GYM
MELISSA

10:15-11:00AM
CYCLE FIT
GYM
LEXI

THURSDAYS
9:00 - 9:45AM
BOOTCAMP
GYM
MIRANDA

10:15-11:15AM
YOGA
GYM
CORINNE

FRIDAYS
9:00 – 9:45AM
FIT4ALL
GYM
ROSA

10:15-11:00AM
FIT4ALL
GYM
ROSA

SATURDAYS
9:00 - 9:45AM
CYCLE FIT
GYM
LISA

SUNDAYS
9:00-10:00AM
YOGA
MULTIPURPOSE
MIKHAIL

Fitness Class Questions
email kit.mccandie@ceo.ymca.ca or
call 613 394-9622

5:30-6:00PM
CYCLE FIT
GYM
LEXI

6:00 – 6:45PM
SIMPLY
STRENGTH
AMAL

7:00-7:45PM
YOGA
GYM
CORINNE

5:30-6:15PM
BOOTCAMP
GYM
MIRANDA

6:30 -7:15PM
CYCLE FIT
GYM
LISA

5:30 – 6:15PM
ZUMBA
GYM
BRENDA

7:00-7:45PM
YOGA
MULTIPURPOSE
MIKHAIL

6:30 -7:15PM
CYCLE FIT
GYM
LISA

**MASKS MUST BE
WORN INTO THE Y,
CHANGE ROOMS,
WALKING TO CLASS/
MACHINES BUT
CAN BE REMOVED
WHILE ACTIVELY
EXERCISING**