



Schedule effective: February 16th, 2021

ALL CLASSES REQUIRE SIGN UP!

PLEASE VISIT OUR WEBSITE:

www.ymcaofceo.ca

CLICK ON *'online booking'*

Hours of Operation

Monday to Friday 6:00am – 8:00pm
closed for deep clean 1:30pm – 2:30pm

Saturday & Sunday 8:00am – 5:30pm
closed for deep clean 1:30pm – 2:30pm

YMCA of Central East Ontario
 Belleville Branch
 433 Victoria Ave
 Belleville, Ontario
 K8N 2G1
 Tel. 613-966-9622
www.ymcaofceo.ca

2021 FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Health & Fitness Classes & Programs	8:15am -8:55am GentleFit (Gym)	8:15am – 8:55am Cardio Strength (Gym)	8:15am -8:55am GentleFit (Gym)	8:15am – 8:55am Cardio Strength (Gym)	8:15am – 8:55am Gentlefit (Gym)	9:00am – 9:45am Sculpt & Tone (Gym)	
	9:15am – 9:55am Simply Strength (Gym)	9:15am – 9:55am Sculpt & Tone (Gym)	9:15am – 9:55am Cardio Strength (Gym)	9:15am – 9:55am Dance Evolution (Gym)	9:15am – 9:55am Pilates (Gym)		
	10:15am – 10:55am Nia Dance (Gym)	10:15am – 10:55am Core & Stretch (Gym)	10:15am – 10:55am Yoga (Gym)	10:15am – 10:55am Parent & Baby Fit (Gym)	10:15am – 10:55am Core & Stretch (Gym)		
	10:15am – 10:55am Outdoor Fitness (Outside)			10:15am – 11:15am Meditation (Studio)	12:00pm – 12:40pm Yoga (Studio)		
				11:45am – 1:15pm Pickleball (Gym)	12:50pm – 1:30pm Yoga (Studio)		
	4:00pm – 5:30pm Outdoor Fitness (Outside)	4:00pm – 4:45pm Cycle Strength (Gym)	4:00pm – 5:30pm Outdoor Fitness (Outside)	4:00pm – 4:45pm CycleFit (Gym)			
	5:30pm - 6:15pm Cyclefit (Gym)	5:30pm - 6:15pm HIIT Full Body (Gym)	5:30pm - 6:15pm Cycle Strength (Gym)	5:30pm – 6:15pm Yoga (Studio)			
	6:30pm – 7:00pm Core & Stretch (Gym)	6:30pm – 7:15pm CycleFit (Gym)	6:30pm – 7:00pm Core & Stretch (Gym)	5:30pm – 6:15pm Simply Strength (Gym)			
	6:30pm-7:15pm Yoga (Studio)			6:30pm – 7:15pm Nia Dance (Gym)			



Nia Dance with Lesha
Monday 10:15am
& Thursday 6:30pm