



THIS SCHEDULE STARTS FEBRUARY 16, 2021

Quinte West Y M C A

Members 15 + Years of Age Only at this time
Registration Required. Masks must be worn.



GENTLEFIT
FIT 4 ALL
CYCLE FIT
SIMPLY
STRENGTH
YOGA
BOOTCAMP
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
LEXI

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
KIT/LEXI

FRIDAYS
9:00 – 9:45AM
GENTLE FIT
GYM
ROSA
10:15-11:00AM
FIT4ALL
GYM
ROSA

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

SUNDAYS
9:00-10:30AM
YOGA
MULTIPURPOSE
MIKHAIL

Fitness Class Questions
email lexi.robertson@ce.ymca.ca or
call 613 394-9622

5:15-5:45PM
CYCLE FIT
GYM
LEXI
6:00 – 6:45PM
SIMPLY
STRENGTH
AMAL
7:00-7:45PM
YOGA
GYM
KIT/JUDY

5:30-6:15PM
BOOTCAMP
GYM
MIRANDA
6:30 -7:15PM
CYCLE FIT
GYM
LISA

5:30 – 6:15PM
ZUMBA
GYM
BRENDA
6:45-7:45PM
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