



Schedule effective: April 5<sup>th</sup>, 2021

**ALL CLASSES REQUIRE SIGN UP!**

PLEASE VISIT OUR WEBSITE:

[www.ymcaofceo.ca](http://www.ymcaofceo.ca)

CLICK ON '*online booking*'

## Hours of Operation

Monday to Friday 6:00am – 8:00pm

Saturday & Sunday 8:00am – 5:30pm

YMCA of Central East Ontario

Belleville Branch

433 Victoria Ave

Belleville, Ontario

K8N 2G1

Tel. 613-966-9622

[www.ymcaofceo.ca](http://www.ymcaofceo.ca)

### 2021 SPRING 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 Cycle 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 Yoga (Gym)	10:15am – 10:55am Core & Stretch (Gym)		
	10:15 – 10:55am Outdoor Fitness (Outside)			10:15am – 11:15am Meditation (Studio)			
	12:10pm – 12:50pm Outdoor HIIT (Gym)	12:10pm-12:50pm CycleFit (Gym)		11:45am – 1:15pm Pickleball (Gym)	12:10pm – 12:50pm HIIT (Gym)	<p align="center">~Welcome Back~ <b>NEW CLASSES</b></p> <p><b>LUNCH TIME FITNESS CLASSES</b> Monday, Tuesday, and Fridays 12:10pm-12:55pm</p> <p><b>YOGA THURSDAYS at 10:15am</b></p>	
	5:30pm – 6:15pm Outdoor Fitness (Outside)		5:30pm – 6:15pm Outdoor Fitness (Outside)				
	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 Simply Strength (Gym)			
	6:30pm – 7:00pm Core & Stretch (Gym)	6:30pm – 7:15pm CycleFit (Gym)	6:30pm – 7:00pm Core & Stretch (Gym)				
	6:30pm-7:15pm Yoga (Studio)						

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