

FITNESS SCHEDULE FOR SEPTEMBER 7 - OCTOBER 17 2021

Monday	Tuesday	Wednesday	Thursday	Friday
8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am
Gentle Fit	Cycle Strength	Gentle Fit	Strength Fit	Gentle Fit
Gym	Gym	Gym	Gym	Gym
Ann-Marie	Ann-Marie	Ann-Marie	Sandy	Luna
9:15am-10:00am	9:15am-10:00am	9:15am-10:00am	9:15am-10:00am	9:15am-10:00am
HIIT Fit	Mobility Fit	Cardio Core & Sculpt Fit	Dance Fit	Yoga
Gym	Gym	Gym	Gym	Gym
Luna	Eric	Eric	Robbi	Connie
	10:15am-11:00am	10:15am-11:00am	10:15am-11:00am	
	Dance Fit	Yoga	HIIT Fit	Meditation
	Gym	Gym	Gym	Studio
	Leshia	Angie	Eric	Ruth
OPEN GYM MONDAY-FRIDAY 1:00pm-4:30pm SATURDAY-SUNDAY 8:00am-12:00pm & 1:00pm-4:00pm				
5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm	5:30pm-6:15pm
Cycle Fit	HIIT Fit	Cycle Strength	Strength Fit	Cycle Fit
Gym	Gym	Gym	Gym	Gym
Adam	Jess	Tanya	Kelly/Tracy	Denise

Registration is **REQUIRED** for all time slots

Register at www.ymcaofceo.ca

This schedule is subject to change at any time.

For more information, please contact Supervisor of Health & Fitness, Ann-Marie Henriquez at annmarie.henriquez@ceo.ymca.ca

Welcome
back!

YMCA of Central East Ontario Belleville Branch
433 Victoria Ave Belleville, ON K8N 2G1

