



Schedule effective: October 18<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 – 4:00pm

**CLOSED STAT HOLIDAYS**

YMCA of Central East Ontario  
**BELLEVILLE BRANCH**  
433 Victoria Ave  
Belleville, ON  
K8N 2G1  
(613)966 - 9622

Adult Health & Fitness Classes	Monday	Tuesday	Wednesday	Thursday	Friday
	8:15am - 9:00am GENTLEFIT (Gym)	8:15am – 9:00am CYCLE STRENGTH (Gym)	8:15am - 9:00am GENTLEFIT (Gym)	8:15am – 9:00am STRENGTH FIT (Gym)	8:15am – 9:00am GENTLEFIT (Gym)
	9:15am – 10:00am YOGA (Gym)	9:15am – 10:00am MOBILITY FIT (Gym)	9:15am – 10:00am CARDIO CORE SCULPT (Gym)	9:15am – 10:00am DANCE FIT (Gym)	9:15am – 10:00am YOGA (Gym)
	10:15am – 11:00am HIIT (Gym)	10:15am – 11:00am DANCE FIT (Gym)	10:15am – 11:00am YOGA (Gym)	10:15am – 11:15am MEDITATION (Studio)	10:15am – 11:00am YOGA (Gym)
				12:10pm – 12:55pm HIIT (Gym)	
	5:30pm - 6:15pm CYCLEFIT (Gym)	5:30pm - 6:15pm HIIT (Gym)	5:30pm - 6:15pm CYCLE STRENGTH (Gym)	5:30pm – 6:15pm CARDIO CORE SCULPT (Gym)	
	6:30pm – 7:00pm CORE & STRETCH (Studio)		6:30pm – 7:00pm CORE & STRETCH (Studio)		