



THIS SCHEDULE STARTS SEPTEMBER 7, 2021

Quinte West Y M C A

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



	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
GENTLEFIT	9:00 – 9:45AM GENTLE FIT GYM KIT	9:00-9:45AM SIMPLY STRENGTH LEXI	9:00-9:45AM ZUMBA GYM MELISSA	9:00 - 9:45AM BOOTCAMP GYM MIRANDA	9:00 – 9:45AM GENTLE FIT GYM ROSA	9:00 - 9:45AM CYCLE FIT GYM LISA
FIT 4 ALL	10:15-11:00AM FIT4ALL GYM MIRANDA	10:00-11:00AM YOGA EAST GYM LEXI	10:15-11:00AM CHAIR YOGA MULTIPURPOSE JUDY	10:00-11:00AM YOGA EAST GYM JUDY	10:15-11:00AM FIT4ALL GYM ROSA	
CYCLE FIT	<div style="background-color: #003366; color: white; padding: 10px; text-align: center;"> Fitness Class Questions email lexi.robertson@ce.ymca.ca or call 613 394-9622 </div>					
SIMPLY STRENGTH						
YOGA						SUNDAYS 9:00-10:30AM HATHA YOGA MULTIPURPOSE MIKHAIL
BOOTCAMP	5:00-5:45PM ZUMBA GYM BRENDA	5:30-6:15PM BOOTCAMP GYM MIRANDA				
ZUMBA	6:00 – 6:45PM SIMPLY STRENGTH AMAL	6:30 -7:15PM CYCLE FIT GYM LISA	5:30 – 6:15PM SIMPLY STEP GYM	6:30 -7:15PM CYCLE FIT GYM LISA	<div style="background-color: #003366; color: white; padding: 10px; text-align: center;"> MASKS MUST BE WORN INTO THE Y, CHANGE ROOMS, WALKING TO CLASS/ MACHINES BUT CAN BE REMOVED WHILE ACTIVELY EXERCISING </div>	
	7:00-7:45PM POWER YOGA MULTIPURPOSE JUDY		6:45-7:45PM HATHA YOGA MULTIPURPOSE MIKHAIL			