



# OPEN GYM SCHEDULE STARTS MAY 2ND, 2022

## Quinte West Y M C A

Fitness Classes, Youth Programs, and Pickleball  
Require registration. Register online at [ymcaofceo.ca](http://ymcaofceo.ca)



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
8 – 11AM FITNESS CLASSES	9 – 11AM FITNESS CLASSES	9 – 10AM FITNESS CLASSES	9 – 10AM FITNESS CLASSES	9 – 11AM FITNESS CLASSES	8 – 10AM FITNESS CLASSES	9-10:30AM FITNESS CLASSES
<b>11AM – 1PM 3PM – 4:30PM OPEN GYM</b>	<b>1:30 – 5PM OPEN GYM</b>	<b>1 – 5PM OPEN GYM</b>	10 – 11AM YOUTH PROGRAMS	<b>1:30PM – 6PM OPEN GYM</b>	9AM – 1PM YOUTH PROGRAMS	11 – 1PM PICKLEBALL
12– 3PM PICKLEBALL	11:30-4PM PICKLEBALL	11AM- 3:30PM PICKLEBALL	<b>11AM – 6PM OPEN GYM</b>	12 – 6PM PICKLEBALL	<b>12:30 – 4PM OPEN GYM West Gym</b>	<b>11 – 4PM OPEN GYM West Gym</b>
5 – 7PM FITNESS CLASSES	5 – 7:30PM FITNESS CLASSES	5 – 6:30PM FITNESS CLASSES	12 – 5:30PM PICKLEBALL	<b>6 – 8PM DROP IN BASKETBALL</b>	1 -5:30PM OPEN FAMILY PLAY East Gym	1 – 5:30PM OPEN FAMILY PLAY East Gym
4 - 8PM YOUTH PROGRAMS	<b>7:30 – 8PM OPEN GYM</b>	6:30 – 7:30PM YOUTH PROGRAMS	6 – 7:30PM FITNESS CLASSES		<b>Masks are a personal choice. Please respect each others decisions.</b>	
<b>7 – 8PM OPEN GYM</b>		<b>6:30 – 8PM OPEN GYM</b>	<b>7:30 – 8PM OPEN GYM</b>			