



OPEN GYM SCHEDULE STARTS FEBRUARY 8TH, 2023

Quinte West Y M C A

YmcaofCeo.ca



MONDAYS

8 – 10AM
FITNESS
CLASSES

**10AM – 12PM
OPEN GYM**

12 – 3PM
PICKLEBALL

**3 – 5PM
OPEN GYM**

5 - 7:30PM
YOUTH
PROGRAMS
East Gym

**5:30 – 7:30PM
OPEN GYM
West Gym**

**7:30 – 9PM
OPEN GYM**

TUESDAYS

9 – 11AM
FITNESS
CLASSES

**11AM – 12PM
OPEN GYM**

12 – 3PM
PICKLEBALL

**11AM – 12PM
OPEN GYM**

5 - 7PM
YOUTH
PROGRAMS
East Gym

5 – 6:30PM
FITNESS
CLASSES
West Gym

**6:30 – 8:30PM
Wheelchair
Basketball**

WEDNESDAYS

9 – 10AM
FITNESS
CLASSES

10:30AM – 12PM
YOUTH
PROGRAMS
East Gym

**10 – 12PM
OPEN GYM
West Gym**

12 - 3PM
PICKLEBALL

**3 – 5PM
OPEN GYM**

5 – 6:30PM
FITNESS
CLASSES

**6:30 – 8:45PM
Recreational
Pickup Basketball**

THURSDAYS

9 – 10AM
FITNESS
CLASSES

**10AM – 12PM
OPEN GYM**

12 - 3PM
PICKLEBALL

5-7PM
YOUTH
PROGRAMS
East Gym

**3 – 7PM
OPEN GYM
West Gym**

**7 – 8:45PM
Private Booking
until April 13**

FRIDAYS

8 – 10:30AM
FITNESS
CLASSES

**10:30AM – 9PM
OPEN GYM**

*Pickleball is open drop-in

**Youth programs are registered. Please see membership services for information.

SATURDAYS

9 – 10AM
FITNESS
CLASSES
West Gym

9AM – 12:30PM
YOUTH
PROGRAMS

**12:30 – 5:30PM
OPEN GYM
West Gym**

**12:30-5:30PM
OPEN
FAMILY PLAY
East Gym**

SUNDAYS

**7AM – 5:30PM
OPEN GYM
West Gym**

**7AM-5:30PM
OPEN
FAMILY PLAY
East Gym**