



# Aquafit Schedule

## ***Belleville Branch Aquafit Schedule effective September 5, 2023***

433 Victoria Ave, Belleville, ON, K8N 2G1 (613) 966-9622

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9am Aquafit		8:15-9am Aquafit		8:15-9am Aquafit
	9:30-10:15am Aquafit		9:30-10:15am Aquafit	
10:30-11:15am Aquafit	10:30-11am Aqua Yoga	10:30-11:15am Aquafit		10:30-11:15am Aquafit
		7-7:45pm Aquafit		

## ***John Williams Branch Aquafit Schedule effective September 5, 2023***

50 Monogram Place, Trenton, ON, K8V 5P8 (613) 394-9622

Monday	Tuesday	Wednesday	Thursday	Friday
		6:45-7:30am Aquafit		
8:10-8:55am Aquafit				
9-9:45am Tone & Stretch	9-9:45am Tone & Stretch	9-9:45am Tone & Stretch	9-9:40am Aqua Yoga	9-9:45am Tone & Stretch
12:10-12:55pm Aquafit				
1-1:45pm Tone & Stretch		1-1:40pm Aqua Yoga		
	6:45-7:30pm Aqua Zumba		6:45-7:30pm Deep Water Run Fit	

***This schedule is subject to change at any time.***

*For more information, please contact Regional Aquatics Supervisor,  
Tiffany Dranski at [tiffany.dranski@ceo.ymca.ca](mailto:tiffany.dranski@ceo.ymca.ca)*