



Belleville Branch | Group Fitness Classes

Schedule Effective Monday, September 11, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness for All 8:30-9:15am Gym	Cardio Strength 8:30-9:15am Gym	Fitness for All 8:30-9:15am Gym	Core & Stretch 8:30-9:15am Gym	Fitness for All 8:30-9:15am Gym	Saturday Morning Workout 9:00-10:00am Gym
Cardio-Core-Sculpt 9:30-10:15am Gym	Dancefit 9:30-10:15am Gym	Yoga 9:30-10:15am Gym	Dancefit 9:30-10:15am Gym	Pilates 9:30-10:30am Gym	<p>ALL CLASSES REQUIRE SIGN UP</p> <p>PLEASE VISIT OUR WEBSITE: ymcaofceo.ca and CLICK ON 'online booking'</p>
Tai Chi 10:30-11:15am Gym	Meditation 10:30-11:30am Studio	Cardio-Core-Sculpt 10:30-11:15am Gym	Chair Yoga 10:30-11:15am Gym		
	Cycle-Strength 12:10-12:55pm Gym		Cardio Strength 12:10-12:55pm Gym		
Cyclefit 5:30-6:15pm Gym	Cardio-Core-Sculpt 5:30-6:15pm Gym	Cycle-Strength-20/20/20 5:30-6:30pm Gym	High Intensity Cardio & Strength 5:30-6:15pm Gym		
		Dancefit 5:30-6:15pm Studio			
Registered Programs (\$) - September 19 - December 5					
	6:00pm – 7:00pm TAI CHI / QI GONG Studio <i>(\$)</i> Registration required!				