



Belleville Branch | Group Fitness Classes

Schedule Effective Monday July 8th

Monday	Tuesday	Wednesday	Thursday	Friday
Morning				
Fitness For All 8:30AM - 9:15AM (Gym)	Cycle-Strength 8:30AM - 9:15AM (Gym)	Fitness For All 8:30AM - 9:15AM (Gym)	Core & Stretch 8:30AM - 9:15AM (Gym)	Fitness For All 8:30AM - 9:15AM (Gym)
Cardio-Core-Sculpt 9:30AM - 10:15AM (Gym)	Dancefit 9:30AM - 10:15AM (Gym)	Cardio-Core-Sculpt 9:30AM - 10:15AM (Gym)	Dancefit 9:30AM - 10:15AM (Gym)	Pilates 9:30AM - 10:30AM (Gym)
	Chair-Yoga 10:30AM - 11:15AM (Gym)	Yoga 10:30AM - 11:15AM (Gym)	Chair-Yoga 10:30AM - 11:15AM (Gym)	
			Minds in Motion 10:30AM - 12:30PM (mp-room)	
Afternoon				
Pickleball 12:00PM - 1:00PM (Gym)	Mental Health Group 1:00PM - 2:00PM (Gym)	Basketball (3 on3) 12:00PM - 1:00PM (Gym)		
		Pickleball 1:00PM - 2:00PM (Gym)		
Evening				
Cyclefit 5:30PM - 6:15PM (Gym)		Cardio-Core-Sculpt 5:30PM - 6:15PM (Gym)		

CYCLEFIT CLASSES REQUIRE SIGN-UP PLEASE VISIT OUR WEBSITE: ymcaofceo.ca and CLICK ON "online booking"