



# Studio/Gym Summer Schedule

## Effective July 2nd, 2024

## Balsillie Branch YMCA

	Monday			Tuesday			Wednesday			Thursday			Friday			
	Studio 1	Studio 2	Gym	Studio 1	Studio 2	Gym	Studio 1	Studio 2	Gym	Studio 1	Studio 2	Gym	Studio 1	Studio 2	Gym	
6:00-6:30	Cycle Fit	Open	Open <sup>2</sup>	Open	Open	Open <sup>2</sup>	Open	Open	Open <sup>2</sup>	Open	Open	Open <sup>2</sup>	Cycle Fit	Open	Open <sup>2</sup>	
6:30-7:00																
7:00-7:30	Open	Open	Open <sup>2</sup>	Open	Open	Open	Yoga	Open	Open <sup>2</sup>	Open	Open	Open <sup>2</sup>	Open	Open	Open <sup>2</sup>	
7:30-8:00																
8:00-8:30			<b>Camp Rain Day</b>	Yoga		<b>Camp Rain Day</b>			<b>Camp Rain Day</b>			<b>Camp Rain Day</b>			<b>Camp Rain Day</b>	
8:30-9:00																
9:00-9:30	<b>Camp Rain Day</b>	<b>Camp Rain Day</b>	Sculpt & Tone	TRX	TRX	<b>Camp Rain Day</b>	<b>Camp Rain Day</b>	Simply Strength	<b>Camp Rain Day</b>	<b>Camp Rain Day</b>	Cardo Sculpt	<b>Camp Rain Day</b>	<b>Camp Rain Day</b>	Instructors Choice		
9:30-10:00																
10:00-10:30	CoreFit	CoreFit	<b>Camp</b>	Stretch & Strength	Stretch & Strength	<b>Camp</b>	Stretch & Strength	Stretch & Strength	<b>Camp</b>	Yoga	Yoga	<b>Camp</b>	Yoga	Yoga	<b>Camp</b>	
10:30-11:00																
11:00-11:30	Open	Open	<b>Camp</b>	Chair Yoga	Chair Yoga	<b>Camp</b>	Meditation	Meditation	<b>Camp</b>	Chair Yoga	Chair Yoga	<b>Camp Rain Day</b>	<b>Competitive Pickleball</b>	Bodies in Balance		<b>Camp</b>
11:30-12:00																
12:00-12:30	Open	Open	<b>Camp Rain Day</b>	Boot Camp	Boot Camp	<b>Camp Rain Day</b>	Sculpt & Tone	Sculpt & Tone	<b>Camp Rain Day</b>	Open	Open	<b>Camp Rain Day</b>	<b>Competitive Pickleball</b>	Boot Camp	Boot Camp	<b>Camp Rain Day</b>
12:30-1:00																
1:00-1:30	Open	Open	<b>Pickle Ball</b>	Open	Open	Open <sup>2</sup>	Open	Open	Open	Open	Open	Open <sup>2</sup>	Open	Open	<b>Pickle Ball</b>	
1:30-2:00																
2:00-2:30																
2:30-3:00																
3:00-3:30																
3:30-4:00																
4:00-4:30																
4:30-5:00																
5:00-5:30			<b>Gymnastics</b>	Open	Open	Open	Boot Camp	Boot Camp	Open	Open	Open	<b>NHL Street Hockey</b>	Open	Open	<b>Drop-In Basket-Ball</b>	
5:30-6:00																
6:00-6:30	Cycle Fit			Cycle Fit			Cycle Fit									
6:30-7:00																
7:00-7:30	Yoga			Yoga												
7:30-8:00			<b>Drop-In Badminton</b>	Open	Open	<b>Pickle Ball</b>	Open	Open	Open	Open	Open	<b>Drop-In Basket-Ball</b>	Flex Friday	Flex Friday	<b>Drop-In Basket-Ball</b>	
8:00-8:30																
8:30-9:00	Open															
9:00-9:30																
9:30-10:00																

\*Group Fitness classes are drop-in, all equipment is supplied, ages 12 and up

\*Programs indicated in **bold** require registration

\*Numbers on schedule indicate the maximum number of net sports that may be used during those times, Based on volume of participants

\*Schedule Subject to change on rainy days, Camp Rain Days become Open on non-rain days, Pickle ball Tuesday and Thursday morning will be cancelled on rain days.



# Studio/Gym Summer Schedule

Effective July 2nd, 2024

Balsillie Branch YMCA

	Saturday			Sunday		
	Studio 1	Studio 2	Gym	Studio 1	Studio 2	Gym
6:00-6:30						
6:30-7:00						
7:00-7:30	Open	Open	Open	Open		Open 1
7:30-8:00	<b>Judo Beginner</b>	Cycle-Fit	Open 1	<b>Judo Beginner</b>		<b>Pickle Ball</b>
8:00-8:30						
8:30-9:00						
9:00-9:30	<b>Judo Intermediate</b>		Simply Strength	<b>Judo Intermediate</b>		
9:30-10:00						
10:00-10:30						
10:30-11:00						
11:00-11:30						
11:30-12:00	Birthday Party	Open	Open 1	Birthday Party	Open	Open
12:00-12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30						
2:30-3:00						Open 1
3:00-3:30	Open			Open		
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30						
5:30-6:00						
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						

**Family Drop In:** Unleash the energy and enthusiasm of youth. Designed for independent exploration, this unsupervised drop-in gym experience provides a variety of equipment set up for participants to engage in fun and active play. Young individuals have the freedom to choose from a range of equipment, from basketballs to jump ropes, allowing them to create their own play experiences. This program is perfect for those seeking to socialize, work on their physical skills, or simply enjoy unstructured playtime.

**Pickleball:** One of the fastest growing sports in North America, Pickleball is a paddle sport that has very simple rules and is easy to learn and play. One of the fastest growing sports in North America, Pickleball is a paddle sport that has very simple rules and is easy to learn and play  
*\*registration required through Picktime\**

**Drop in Basketball:** Get ready to show off your skills on the court! Join us for drop-in basketball where you can bring your own ball and your A-game. Whether you're a seasoned player or just starting out, come shoot some hoops and enjoy some friendly competition. All ages welcome. See you on the court!

**Drop in Badminton:** Get ready to engage in lightning-fast rallies, strategic volleys, or just come for the fun. Come and try-out badminton at our inclusive environment for players of all levels. Grab your racket and join us for some Badminton.

**Drop in Volleyball:** Come and join us to bump, set and spike at drop-in volleyball. All skill levels are welcome, so grab your friends and let's dig in for some fun! All ages welcome.

For more information about other programs and all of our fitness classes, see our Spring program guide located at [ymcaofceo.ca](http://ymcaofceo.ca) or at this link: [Summer Program Guide 2024](#)

Facility Hours:	
Monday - Friday	6:00am - 10:00pm
Saturday - Sunday	7:00am - 5:30pm
Hours are subject to change on holidays	

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\*Programs indicated in **bold** require registration

\*Numbers on schedule indicate the maximum number of net sports that may be used during those times, Based on volume of participants