



Studio/Gym Spring Schedule

Effective Sept 16, 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 ²	Open	Open	Open ²	Open	Open	Open	Open	Open	Open	Cycle Fit	Open	Open														
6:30-7:00																													
7:00-7:30	Open																	Yoga									Open		
7:30-8:00																													
8:00-8:30																													
8:30-9:00																													
9:00-9:30			Sculpt & Tone	TRX	TRX	Pickleball Open Court	Open		Simply Strength			Cardo Sculpt			Instructors Choice														
9:30-10:00																													
10:00-10:30	CoreFit	CoreFit	Family Drop-In	Stretch & Strength	Stretch & Strength	Open	Yoga	Yoga	Family Drop-In	Stretch & Strength	Stretch & Strength	Open ²	Stretch & Strength	Stretch & Strength	Family Drop-In														
10:30-11:00																													
11:00-11:30	Open	Open	Open ²	Chair Yoga	Chair Yoga			Meditation	Meditation	Open ²	Chair Yoga	Chair Yoga	Pickleball	Bodies in Balance		Open ²													
11:30-12:00															Falls Prevention														
12:00-12:30	Instructors Choice	Instructors Choice	Pickleball	Boot Camp	Boot Camp			Sculpt & Tone	Sculpt & Tone	Pickleball Open Court Competitive	Total Body Blast	Total Body Blast	Advanced	Boot Camp	Boot Camp	Pickleball													
12:30-1:00																													
1:00-1:30	Open	Open			Open		Open	Open ²	In Motion	In Motion		Open	Open	Open	Open		Open	Open											
1:30-2:00																													
2:00-2:30																													
2:30-3:00																													
3:00-3:30																													
3:30-4:00																													
4:00-4:30									Open ¹																				
4:30-5:00																													
5:00-5:30			Gymnastics	Dance			Afterschool	Boot Camp	Boot Camp	Open ¹		NHL Street Hockey	Open	Open	Drop-In Basket-Ball														
5:30-6:00	Cycle Fit																												
6:00-6:30					Cycle Fit			VOLT	Cycle Fit		Run & Fun					Power Pump	Power Pump												
6:30-7:00	Yoga	Yoga			Registered Yoga	Registered Yoga	Pickle Ball									Zumba	Zumba												
7:00-7:30																													
7:30-8:00			Drop-In Badminton																										
8:00-8:30																													
8:30-9:00	Open	Open			Open	Open																							
9:00-9:30																													
9:30-10:00						Open																							

*Schedule Subject to change on Holidays and PA Days and Pickle ball is not available during Open Gym times

*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

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



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	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 1
7:30-8:00	Judo Beginner	Cycle-Fit	Open 1	Judo Beginner	Open	Pickle Ball
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30						
10:30-11:00						
11:00-11:30						
11:30-12:00						
12:00-12:30	Birthday Party	Open	Simply Strength	Judo Intermediate		
12:30-1:00						
1:00-1:30	Open	Open	Sports of All Sorts	Birthday Party	Open	Open 1
1:30-2:00						
2:00-2:30	Open	Open	Sports of All Sorts	Birthday Party	Open	Open 1
2:30-3:00						
3:00-3:30	Open	Open	Sports of All Sorts	Birthday Party	Open	Open 1
3:30-4:00						
4:00-4:30	Birthday Party	Open	Sports of All Sorts	Birthday Party	Open	Drop-In Volley Ball
4:30-5:00						
5:00-5:30	Birthday Party	Open	Sports of All Sorts	Birthday Party	Open	Drop-In Volley Ball
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 or at this link: [Spring 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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