



Studio/Gym Winter Schedule

Effective Jan 6, 2025

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 ²	Open						Cycle Fit		
6:30-7:00															
7:00-7:30			Open	Open	Open		Yoga		Open			Open		Open	Open
7:30-8:00		Open								Open	Open				
8:00-8:30	Open												Open		
8:30-9:00															
9:00-9:30			Sculpt & Tone ²	TRX	TRX		Open		Simply Strength			Cardo Sculpt			Instructors Choice
9:30-10:00															
10:00-10:30	CoreFit	CoreFit		Stretch & Strength	Stretch & Strength					Stretch & Strength	Stretch & Strength		Stretch & Strength	Stretch & Strength	
10:30-11:00			Open						Open						Open
11:00-11:30	Open	Open		Chair Yoga	Chair Yoga	Open	In Motion	In Motion		Chair Yoga	Chair Yoga		Bodies in Balance		
11:30-12:00													Falls Prevention		
12:00-12:30	Instructors Choice	Instructors Choice				Boot Camp	Sculpt & Tone	Sculpt & Tone		Total Body Blast	Total Body Blast		Boot Camp	Boot Camp	
12:30-1:00									Pickleball Open Court Competitive						
1:00-1:30															
1:30-2:00				Open		Open						Open			
2:00-2:30															
2:30-3:00															
3:00-3:30	Open						Open	Open		Open	Open		Open	Open	
3:30-4:00		Open													
4:00-4:30			Open ¹												
4:30-5:00															
5:00-5:30					Open										
5:30-6:00	Cycle Fit			Dance		Afterschool	Simply Strength	Simply Strength	Open ¹						
6:00-6:30										Power Pump	Power Pump				
6:30-7:00				Cycle Fit		VOLT							Flex Friday	Flex Friday	
7:00-7:30	Yoga	Yoga													
7:30-8:00										Zumba	Zumba				
8:00-8:30															
8:30-9:00			Drop-In Badminton	Open		Pickle Ball	Open	Open	Open			Drop-In Basket-Ball	Open	Open	
9:00-9:30	Open	Open							Open						
9:30-10:00															

*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



Studio/Gym Spring Schedule

Effective Jan 6, 2025

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