

YMCA of Belleville Fitness Schedule

Beginning the week of Monday January 6 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| Early Morning | | | | |
| Yoga 7:00AM - 7:45AM Studio | | Yoga 7:00AM - 7:45AM Studio | | Yoga 7:00AM - 7:45AM Studio |
| Morning | | | | |
| Fitness For All 8:30AM - 9:15AM Gym | Cycle Strength 8:30AM - 9:15AM cycle room | 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 - 10:15AM Gym |
| Tai Chi 10:30AM - 11:30AM Studio | Chair Yoga 10:30AM - 11:15AM Gym | Yoga 10:30AM - 11:15AM Gym | Meditation 10:30AM - 11:30AM Studio | Chair Yoga 10:30AM - 11:15AM Gym |
| | | | Minds in Motion 10:30AM - 12:30PM cycle room | |
| Afternoon | | | | |
| Pickleball 1:00PM - 2:00PM Gym | Badminton 12:00PM - 1:00PM Gym | 3 on 3 Basketball 12:00PM - 1:00PM Gym | Eastside Open Gym 12:00PM - 1:00PM Gym | Pickleball 1:00PM - 2:00PM Gym |
| | AACT Floor Hockey 1:00PM - 2:00PM Gym | Pickleball 1:00PM - 2:00PM Gym | | |
| Evening | | | | |
| Cyclefit 5:30PM - 6:15PM cycle room | percussion co-op 5:30PM - 7:00PM mp-room | Cycle Strength 5:30PM - 6:30PM cycle room | Suspension Training 5:30PM - 6:15PM Studio | |

Please note this schedule may change at any time. For the most up to date information see the postings in the facility.