



Building Hours of Operation
Monday to Friday 5:00am-10:30pm
Saturday and Sunday 7:00am-5:30pm
Statutory Holidays 7:00am-5:30pm

YMCA of Central East Ontario
Balsillie Family Branch
123 Aylmer Street South
Peterborough, Ontario K9J 3H8
Tel. 705-748-9622
Fax. 705-741-3719
<http://www.ymcaofceo.ca>

Effective July 3- August 27

Adult Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Drop In Fitness	6:00-7:00am Cyclefit- Studio	6:15-7:00am Yogaflow-MPR	9:00-10:00am Dance Evolution-MPR	6:15-7:00am Yogaflow-MPR	6:00-7:00am Cyclefit- Studio	8:00-8:30am Corefit- Gym	8:30-9:30am Cyclefit-Studio
	9:10-10:10am Sculpt & Tone- Studio	9:00-10:00am Gentle Yoga- Studio	9:10-10:10am Simply Strength-Studio	9:10-10:00am Power Step Studio	9:10-10:00am Yoga Flow - Studio	8:30-9:15am Cyclefit- Studio	10:30-11:30am Sunday Soul Yoga- Studio
	10:15-11:00am Total Body Blast Studio	10:15-11:15am Power Yoga- Studio	10:15-11:15am Gentle Yoga-Studio	10:15-11:15am Hatha Yoga Studio	10:05-10:55am Total Body Blast- Studio	9:30-10:30am Hi/lo- Gym	
	11:15-12:00pm Chair Yoga-Studio	12:15-1:00pm Bootcamp-Studio	11:30-12:00 Chair Yoga- Studio	12:15-1:00pm Sculpt & Tone Studio	12:15-1:00pm Bootcamp- Studio		
	12:15-1:00pm Core Strength & Stretch-Studio	12:15-1:00pm Hi/lo- Gym	12:15-1:00pm Core Strength & Stretch- Studio	12:15-1:00pm Core Strength & Stretch- Studio	12:15-1:00pm Hi/lo- Gym		
	12:15-1:15pm Cycle Strong-Studio	1:05-2:05pm InMotion-Studio	12:15-1:00pm Hi/lo- Gym	1:15-2:15pm InMotion- Studio	5:15-5:55pm Core, Glute and Thighs- Studio		
	12:15-1:00pm Bootcamp -Gym	5:15-6:15pm Body Burn- Studio	12:15-1:15pm Cycle Strong- Studio	6:00-6:45pm Core Strength & Stretch- Studio	6:00-6:45pm Boxfit Studio		
	5:15-5:45pm Corefit- Studio	6:30-7:30pm Cyclefit- Studio	5:15-5:45pm Corefit- Studio	7:00-7:45pm Boot Camp- Studio			
	6:00-6:45pm Glute, Leg & Thigh- Studio	6:30-7:30pm HIIT Bootcamp- Studio	6:00-6:45pm Strength & Conditioning- Studio	8:00-9:00pm Yin Yang Yoga- Studio			
	8:00-9:00pm Yogaflow- Studio	7:45-8:30pm Core Strength & Stretch -Studio	6:00-6:45pm Cyclefit-Studio				
Studio Drop In	5:00-9:00am 11:15-12:00 1:00-5:00pm 9:00-10:15pm	5:00-8:45am 11:15-12:00pm 2:15-5:00pm 9:00-10:15pm	5:00-9:00am 1:00-5:00pm 7:00-10:15pm	5:00-9:00am 11:15-12:00pm 2:15-5:00pm 9:00-10:15pm	5:00-9:00am 11:00-12:00pm 1:00-5:00pm 7:00-10:15pm	7:00-8:15am 9:30-5:15pm	7:00-9:00am 11:30-5:15pm