





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