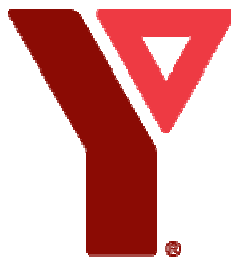


Hours of Operation
 Monday to Friday
5:30am – 10:00pm
 Saturday and Sunday
 7:30am – 5:30pm
Statutory Holidays
 9:00am – 2:00pm

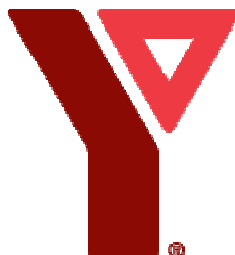


YMCA of Central East Ontario
 City of Quinte West Branch
 50 Monogram Place
 Trenton, Ontario
 K8V 5P8
 Tel: 613.394.9622
 Fax: 613.394.8223
<http://www.ymcaofceo.ca>
 effective September 11, 2017

Fall 2017 Gym / Fitness / Adult Programs Schedule

Fall 2017 Open Gym / Fitness / Adult Programs Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Health, Fitness & Recreation Classes		6:30-7:15am CycleFit (Fitness Studio)	7:00 – 7:45am Simply Strength (Fitness Studio)	6:30-7:15am CycleFit (Fitness Studio)			
	8:15 – 9:00am In Motion (Fitness Studio)	8:15 – 9:00am Gentle Fit (Fitness Studio)	8:15 – 9:00am In Motion (Fitness Studio)	8:15 – 9:00am Gentle Fit (Fitness Studio)	8:15 – 9:00am In Motion (Fitness Studio)	8:15-9:00am CycleFit (Fitness Studio)	
	9:15-10:00am CycleFit (Fitness Studio)	9:30 – 10:15am Simply Strength (West Gym)	9:15-10:00am CycleFit (Fitness Studio)	10:00 – 10:30am HIIT It (West Gym)	9:15-10:00am CycleFit (Fitness Studio)	9:15-10:00am Boot Camp (West Gym)	
	9:30 – 10:30am Total Body Blast (West Gym)	10:30-11:00am Roll It Out (West Gym)	9:30-10:15am Boot Camp (West Gym)	10:30-11:00am Roll It Out (West Gym)	9:30 – 10:30am Total Body & Core (West Gym)		
	10:30-11:30am Yoga (Fitness Studio)	11:00 –11:45pm Gentle Fit (West Gym)	10:30-11:30am Yoga (Fitness Studio)	11:00 –11:45pm In Motion (West Gym)	10:30-11:30am Yoga (Fitness Studio)		Indicates Drop in Fitness Classes that are included with your membership. These are available to members 12 and older.
	<i>*Post Rehab 2*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 1*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 2*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 1*</i> 1:30-3:00pm (Fitness Studio)	<i>*Post Rehab 2*</i> 1:30-3:00pm (Fitness Studio)		
	5:05-6:05pm Cycle Strong (Fitness Studio)	12:00pm-3pm Adult Recreational Pickle Ball (gym)		12:00pm-3pm Adult Recreational Pickle Ball (gym)	Family Fun Night Family Boot Camp		
	5:15-6:00pm Simply Strength (West Gym)	5:30-6:15pm Suspension Training (Fitness Studio)	5:20-6:05pm CycleFit (Fitness Studio)	5:15-6:00pm TRX Boot Camp (Fitness Studio)	5:30-6:15pm (West Gym) Family Yoga (6:30-7:00pm (Fitness Studio) Stay for Family Swim at 7:00pm!		<i>*Classes in Italics with Stars Require Registration*</i>
	<i>*Kickboxing*</i> 6:15-7:15pm (Fitness Studio)						
	6:15-7:00pm Zumba (West Gym)	6:30-7:15pm CycleFit (Fitness Studio)	6:15 – 7:15pm Total Body Blast (Fitness Studio)	6:15-7:00pm CycleFit (Fitness Studio)			
	7:15-8:30pm Yoga (Multi-Purpose Room)		7:30-8:30pm Yoga (Multi-Purpose Room)	<i>*Ski & Snowboard Dry Land Training*</i> 7:30-8:30pm	If an individual class has fewer than 3 people, the instructor will have discretion to cancel.		
	<i>*Teen/Adult Martial Arts*</i> (16+) 7:30-9:00pm		8:00 – 9:30pm Adult Drop in Basketball (14+)				

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Fall 2017 Open Gym / Fitness / Adult Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - times subject to change	5:30am - 9:15am 12:30pm-5:00pm 8:00pm-9:45pm	5:30am - 9:15am 3:30pm-4:30pm 7:30pm-9:45pm	5:30am - 9:15am 12:00pm-4:00pm	5:30am - 9:15am 3:30pm-4:30pm 9:00pm - 9:45pm	5:30am - 9:15am 10:30am-12:45pm 1:15pm - 5:00pm	7:30am -9:15am 1:30pm - 5:15pm	7:30-8:30am 12:30pm-5:15pm
KidsKare	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	8:30am - 12:00pm	
	4:30pm-8:00pm	4:30pm-8:00pm	4:30pm-8:00pm	4:30pm-8:00pm			

YMCA Wellness Program

A YMCA Fitness Coach will develop a Health and Fitness plan specific to your fitness goals. This program is free with your YMCA membership. YMCA Wellness Program covers the following:

- *Demonstration of proper use of the Cardio Machines
- * Individualized Resistance Program
- *Introduction to YMCA Group Fitness Classes

YMCA Wellness Program is designed to help you in the following ways:

- *Commit to a manageable program
- *Increase energy levels
- *Ensure that you are comfortable with the YMCA building facilities, programs and services

Our Wellness Program is also available for the pool. Taking over from physiotherapy or rehabilitation from injury or surgery, our coaches will teach gentle exercises in the therapeutic pool to keep you moving

Aquatic Personal Training

- *Breathing Techniques
- *Improve Agility
- *Vertical Water Training
- *Interval Training
- *Improve flexibility and prevent injury

*Learn about magic properties of the water and leave your workout feeling good

*Have more fun in the water

1-5 sessions \$40 + hst
6-10 sessions \$35 + hst
Buy 10 sessions and get one free!