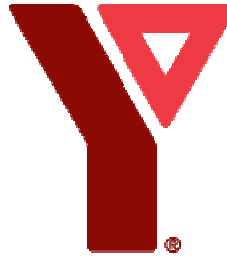


Hours of Operation
 Monday to Friday
 5:30am – 10:00pm
 Saturday and Sunday
 7:30am – 5:30pm
Statutory Holidays
 9:00am – 2:00pm



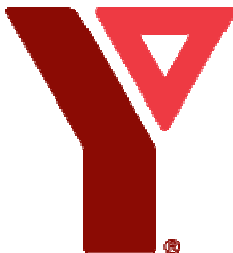
YMCA of Central East Ontario
 City of Quinte West Branch
 50 Monogram Place
 Trenton, Ontario
 K8V 5P8
 Tel: 613.394.9622
 Fax: 613.394.8223
<http://www.ymcaofceo.ca>
 effective March 20, 2017

Spring 2017 Open Gym / Fitness / Adult Programs Schedule

Spring 2017 Gym / Fitness / Adult Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Health, Fitness & Recreation Classes	8:15 – 9:00am Gentle Fit (Fitness Studio)	6:30-7:15am CycleFit (Fitness Studio)	8:15 – 9:00am Gentle Fit (Fitness Studio)	6:30-7:15am CycleFit (Fitness Studio)	8:15 – 9:00am Gentle Fit (Fitness Studio)		
	9:15-10:00am CycleFit (Fitness Studio)	9:30 – 10:15am Simply Strength (West Gym)	9:15-10:00am CycleFit (Fitness Studio)		9:15-10:00am CycleFit (Fitness Studio)	8:15-9:00am CycleFit (Fitness Studio)	
	9:00am-9:30am Zumba Express (multi-purpose)		9:15am-10:00am Zumba (multi-purpose)	10:00 – 10:30am HIIT It (West Gym)	9:30 – 10:15am Cardio & Core (West Gym)	9:15-10:00am Boot Camp (West Gym)	
	9:30 – 10:15am 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)			
	10:30-11:30am Yoga (Fitness Studio)	11:00 –11:45pm Gentle Fit (Fitness Studio)	10:30-11:30am Yoga (Fitness Studio)	11:00–11:45pm Gentle Fit (Fitness Studio)	10:30-11:30am Yoga (Fitness Studio)	<i>*Classes in Italics with Stars Require Registration*</i>	Indicates Drop in Fitness Classes that are included with your membership. These are available to members 13 and older.
	<i>*Post Rehab*</i> 1:30-3:00pm (Fitness Studio)		<i>*Post Rehab*</i> 1:30-3:00pm (Fitness Studio)		<i>*Post Rehab*</i> 1:30-3:00pm (Fitness Studio)		
	5:20-6:05pm CycleFit (Fitness Studio)	12:00pm-3pm Adult Recreational Pickle Ball (gym)		12:00pm-3pm Adult Recreational Pickle Ball (gym)			
	5:15-6:00pm Simply Strength (West Gym)	5:30-6:15pm Suspension Training (Fitness Studio)	5:20-6:05pm CycleFit (Fitness Studio)				
	<i>*Kickboxing*</i> 6:15-7:15pm (Fitness Studio)		6:15-7:15pm Total Body Blast (Fitness Studio)	5:30-6:15pm Boot Camp with a TRX Twist			
	6:15-7:00pm Zumba (West Gym)	6:30-7:15pm CycleFit (Fitness Studio)	<i>*Prenatal Yoga/Support*</i> 6:30-7:45pm (Multi-Purpose Room)	6:30-7:15pm CycleFit (Fitness Studio)			
	7:15-8:15pm Yoga (Multi-Purpose Room)		7:30-8:30pm Yoga (Multi-Purpose Room)		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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 effective **March 20, 2017**

Spring 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-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm			

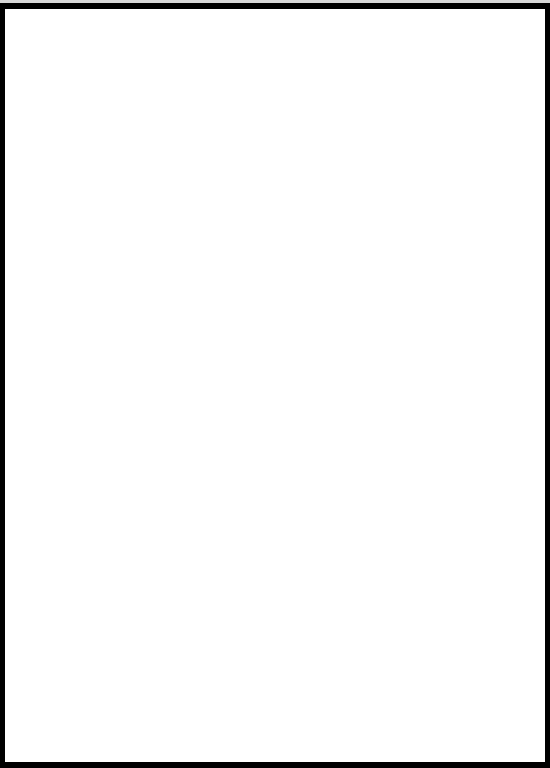
YMCA Wellness Program

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



Prenatal Yoga/Support

45 Minutes guided yoga that is personalized and geared to the fitness level and stage of pregnancy of each participant follow by 30 minutes of discussion and support on various pregnancy topics chosen by the group and facilitated by the instructor. Geared for any stage of pregnancy and up to 4 months postpartum. Instructor: Dr. Tracy-Lynn is a naturopathic doctor who is experienced and passionate about working with patients at all stages of pregnancy, fertility, breastfeeding and infant development. She is the mama to two young babes and she is also an experienced yogi, having practiced for over 15 years and through her own pregnancies. She is a Yoga Alliance certified yoga instructor.

YM \$25.00 + HST NM - \$50.00 + HST