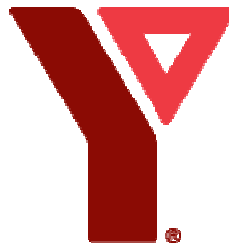


Summer 2017 Fitness / Adult Programs Schedule

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 July 3, 2017

Summer 2017 Fitness / Adult Programs Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:15am Gentle Fit (Fitness Studio)		8:30-9:15am Gentle Fit (Fitness Studio)		8:30-9:15am Gentle Fit (Fitness Studio)	8:15 - 9:00 am CycleFit (Fitness Studio)	
	9:15--10:00am CycleFit (Fitness Studio)		9:15--10:00am CycleFit (Fitness Studio)		9:15--10:00am CycleFit (Fitness Studio)	9:15-10:00am Boot Camp (West Gym)	
	9:30 – 10:15am Total Body Blast (West Gym)	9:30 – 10:15am Simply Strength (West Gym)	9:30-10:15am Boot Camp (West Gym)		9:30 – 10:15am Cardio & Core (West Gym)		
	10:30-11:30am Yoga (Fitness Studio)	11:00-11:45am Gentle Fit (Fitness Studio)	10:30-11:30am Yoga (Fitness Studio)	11:00-11:45am Gentle Fit (Fitness Studio)			
	<i>*Post Rehab*</i> <i>1:30-3:00pm</i> <i>(Fitness studio)</i>				<i>*Post Rehab*</i> <i>1:30-3:00pm</i> <i>(Fitness studio)</i>		
	<i>*Teen Strength*</i> (10-14yrs) 5:00-6:00pm	<i>*Teen Strength*</i> (10-14yrs) 5:00-6:00pm					
	5:15-6:00pm CycleFit (Fitness Studio)	5:30-6:15pm TRX (Fitness Studio)	5:15-6:00pm CycleFit (Fitness Studio)	5:00-5:30pm HIIT (Fitness Studio)	Drop in Fitness Classes are included with your membership and are available to members 13 and older		
	5:15-6:00pm Simply Strength (West Gym)	6:30-7:15pm CycleFit (Fitness Studio)	6:15–7:15pm Extreme Boot Camp	6:00-6:45pm CycleFit (Fitness Studio)			
	6:30-7:30pm Yoga (multi-purpose room)		7:30-8:30pm Yoga (multi-purpose room)		*Classes in Italics with Stars Require Registration*		
			7:45– 9:30pm Adult Drop in Basketball (16+)				

Summer 2017 Gym / Fitness / Youth Programs Schedule

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



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Summer 2017 Open Gym / Youth Programs Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - times subject to change	5:30am - 9:15am	5:30am - 9:15am	5:30am - 9:30am	5:30am - 9:15am	5:30am - 9:15am	7:30am – 5:15pm	7:30-5:15pm
	1:30pm -3:30pm	1:30pm -3:30pm		1:30pm -3:30pm			
	5:00pm–9:45pm	5:00pm–9:45pm	12:30pm–7:30pm	5:00pm–9:45pm	5:00pm–9:45pm		
KidsKare	9:00am– 12:00pm	9:00am– 12:00pm	9:00am– 12:00pm	9:00am– 12:00pm	9:00am– 12:00pm	8:30am – 12:00pm	
	4:30pm-7:30pm	4:30pm-7:30pm	4:30pm-7:30pm	4:30pm-7:30pm			
Youth Program Schedule	Family Fun Zone (all ages) 10:00-12:00 (gym) <i>-drop in program</i>	Family Fun Zone (all ages) 10:00-12:00 (gym) <i>-drop in program</i>	Family Fun Zone (all ages) 10:00-12:00 (gym) <i>-drop in program</i>	Family Fun Zone (all ages) 10:00-12:00 (gym) <i>-drop in program</i>			
	<i>*Teen Strength*</i> (10-14yrs) 5:00-6:00pm	<i>*Teen Strength*</i> (10-14yrs) 5:00-6:00pm					
		<i>*Mini Movers*</i> (2-3yrs) 5:00-5:30pm (East Gym)	<i>*Artrageous Science Kids*</i> (4-6yrs) 5:00-5:45pm (7-13) 5:50-6:35pm (multi-purpose)	<i>*Totnastics*</i> (2-3yrs) 5:00-5:30pm <i>*Kidnastics*</i> (4-6yrs) 5:35-6:20pm <i>*Gymnastics*</i> (7-9yrs) 6:25-7:10pm (10-13yrs) 7:15-8:00pm (East Gym)			
		<i>*Sports Mania*</i> (4-6yrs) 5:35-6:20pm (7-9) 6:25-7:10pm (East Gym)					
	<i>*Intermural Sports*</i> (10-13yrs) 7:15-8:00pm (East Gym)			<i>*Classes in Italics with Stars Require Registration*</i>			

613-394-9622

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