



YMCA

YMCA of Belleville and Quinte Gym Schedule

Effective Jan 11, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 8:15 am Open Gym	6:00 - 9:15 am Open Gym	6:00 - 8:15 am Open Gym	6:00 - 9:15 am Open Gym	6:00 - 8:15 am Open Gym	7:30 - 8:45 am Open Gym	9:00 - 1:15 pm Open Gym
8:30 - 9:10 am Stretch / Strength	8:30 - 9:15am Cyclefit (CR) Cyclefit Rm.	8:30 - 9:10 am Stretch / Strength	8:30 - 9:15am Cyclefit (CR) Cyclefit Rm	8:30 - 9:10 am Stretch / Strength	9:00 - 10:00am Muscle Sculpt	1:30 - 2:30 pm **Birthday Parties**
9:30 - 10:30am CSI: Cardio Sculpt Interval	9:30 - 10:30am Muscle Sculpt	9:30 - 10:30 am Yoga	9:30 - 10:30 am Mix It Up	9:30 - 10:30 am Pilates	10:00 am-1:00pm Youth Programs	2:45 - 4:30 pm Open Gym
10:45 - 11:30am Youth Programs	10:45 - 11:30am Family Fun Zone	10:45 - 3:45pm Open Gym	10:45 - 11:30am Family Fun Zone	12:10-12:55 pm Cycle Fit (CR) (CycleFit Rm)	1:30 - 2:30 pm **Birthday Parties**	
11:30-12:00pm StrollerFit	11:00-12:00pm Youth Programs	12:10-12:55 pm Cycle Fit (CR) (CycleFit Rm)	11:00-12:00pm Youth Programs	12:00 - 9:45pm Open Gym	2:45 - 5:15 pm Open Gym	
12:10-12:55 pm Cycle Fit (CR) (CycleFit Rm)	12:15 - 3:45pm Open Gym	4:00-6:00pm Youth Programs	12:15 - 3:45pm Open Gym	6:00 - 8:30pm Family Fun Zone		
4:00-6:00pm Youth Programs	4:00-6:00pm Youth Programs	5:30-6:15 pm Cycle Fit (CR) (CycleFit Rm)	4:00-6:00pm Youth Programs			
5:30-6:15 pm Cycle Fit (CR) (CycleFit Rm)	6:15 - 7:15pm Put Up Your Dukes	6:15- 7:15 pm Step Right Up	6:15 - 7:00pm Cyclefit (CR) Cyclefit Rm			
6:15 - 7:15pm On The Move	6:15 - 7:15pm Muscle Sculpt (MP)	7:20 - 8:10pm Open Gym	6:15-7:15pm Put up your Dukes			
7:15 - 8:15pm CoreFusion	6:15 - 7:00pm Cyclefit (CR) (Cyclefit Rm)	8:15 - 9:45pm Adult Rec. Volleyball	7:20 - 8:30pm Belleville Heat			
8:20- 9:45 pm Open Gym	6:15 - 7:15pm YOGA (Auditorium)		7:20 - 9:45pm Open Gym			
	7:15 - 8:00pm BOSU Intervals					
	7:20 - 8:30pm Belleville Heat					
	7:20 - 9:45 pm Open Gym					

Holiday Hours 9am-2pm
Requires Registration
****Gym Reserved****
(CR)Card Required

ALL FITNESS CLASSES ARE MEMBERS ONLY