



# YMCA of Belleville and Quinte Gym Schedule - City of Quinte West Branch

613-394-9622

Effective July 5, 2010

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday												
	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	Both Gyms	Both Gyms												
6:00 AM - 7:00 AM	Open Gym 6:00am-9:00am	Open Gym 6am-8:30am	Open Gym 6:00am-9:00am	Open Gym 6am-8:30am	Open Gym 6:00am-9:00am	Open Gym 6:00-8:30am	Open Gym 6:00am-9:45pm	Open Gym 6am-8:30am	Open Gym 6:00am-9:00am	Open Gym 6am-8:30am														
7:30 AM																								
8:00 AM																								
8:30 AM	*YMCA Day Camp* 9am-5:00pm	*YMCA Day Camp* 8:30-9:15am	*YMCA Day Camp* 9am-5:00pm	*YMCA Day Camp* 8:30-9:15am	*YMCA Day Camp* 9am-5:00pm	*YMCA Day Camp* 8:30-9:15am		*YMCA Day Camp* 9am-5pm	*YMCA Day Camp* 9am-5pm	*YMCA Day Camp* 8:30-9:15am	*YMCA Day Camp* 8:30-9:15am	Open Gym 7:30am-1:30pm	Open Gym 9am-1:30pm											
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2:00 PM	*YMCA Day Camp* 1:30-3:30 pm	*YMCA Day Camp* 1:30-3:30 pm	*YMCA Day Camp* 1:30-3:30 pm	*YMCA Day Camp* 1:30-3:30 pm	*YMCA Day Camp* 1:30-3:30 pm	*YMCA Day Camp* 1:30-3:30 pm	Open Gym 9:30-6:00pm	Open Gym 9:30-6:00pm	*YMCA Day Camp* 1:30-3:30 pm	*YMCA Day Camp* 1:30-3:30 pm	Birthday Parties 1:30-2:30pm	Birthday Parties 1:30-2:30pm												
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6:00 PM													*Y's World of Sports* (age 6-9 ) 6:00-7:00pm	*Y's World of Sports* (age 6-9 ) 6:15-7:00pm	Open Gym 5:00-9:45pm	*Y's World of Sports* (age 6-9 ) 6:00-7:00pm	*Y's World of Sports* (age 6-9 ) 6:15-7:00pm	*Y's World of Sports* (age 6-9 ) 6:00-7:00pm	Open Gym 3:30-9:45pm	Open Gym 3:30-9:45pm	*Y's World of Sports* (age 6-9 ) 6:00-7:00pm	*Y's World of Sports* (age 6-9 ) 6:15-7:00pm	Open Gym 6:00-8:00pm	*Indicates a Program that Requires Registration*
6:30 PM																								
7:00 PM																								
7:30 PM																								
8:00 PM-10:00PM	Adult Volleyball 8:00-9:30pm	Open Gym 7:15-9:45pm	Open Gym 7:00-8:00pm	Adult Soccer 8:00-9:30 pm	Adult Basketball 8:00-9:30 pm	Adult Badminton 8:00-9:30pm	Open Gym 7:15-8:00pm	Open Gym 5:00-9:45pm	Adult Floor Hockey 8:00-9:30pm	Adult Floor Hockey 8:00-9:30pm	FITNESS CLASSES ARE AVAILABLE FOR MEMBERS 13 YEARS AND OLDER													
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**YMCA of Belleville and Quinte Group Fitness Schedule - City of Quinte West Branch**

613-394-9622

Effective July 5, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Cycle Fit</b> 6:05-6:50 am (Fitness Studio)	
	<b>Stretch &amp; Strengthen</b> 8:15-9:00 am (Fitness Studio)		<b>Stretch &amp; Strengthen</b> 8:15-9:00 am (Fitness Studio)	
<b>Cardio Sculpt</b> 9:30 - 10:30 am (West Gym)	<b>Tuesday Toss Up</b> 9:30 - 10:30 am (West Gym)	<b>Cycle Fit</b> 9:15-10:00am (Fitness Studio)	<b>Tone &amp; Define</b> 9:15 - 10:15 am (Fitness Studio)	<b>Mix It Up</b> 9:30 - 10:30 am (West Gym)
		<b>Yoga Fusion</b> 10:15-11:00 am (Fitness Studio)		
<b>Cycle Fit</b> 5:00-5:45 pm (Fitness Studio)				
<b>Tone &amp; Define</b> 5:15 - 6:00 pm (West Gym)		<b>Cycle Fit</b> 5:30-6:15 pm (Fitness Studio)	<b>Cycle Fit Theatre</b> 5:30 - 6:15 pm (Fitness Studio)	
<b>Dance Fit</b> 6:15-7:00 pm (West Gym)	<b>Tuesday Toss Up</b> 6:15-7:00 pm (West Gym)		<b>Step It Up</b> 6:15-7:00 pm (West Gym)	
	<b>Cycle Fit Theatre</b> 6:30-7:15 pm (Fitness Studio)	<b>BOSU Interval</b> 6:30 - 7:15 pm (Fitness Studio)		
<b>Yoga Fusion</b> 7:15 - 8:00 pm (Fitness Studio)			<b>Yoga</b> 7:15 - 8:00 pm (Fitness Studio)	