

Monday to Friday 5:30am-10:30pm
 Saturday and Sunday 7:00am-7:30pm
 Statutory Holidays 7:00am-4:30pm

Building Hours of Operation
Balsillie Family Branch
 123 Aylmer Street South
 Peterborough, Ontario K9J 3H8
 Tel. 705-748-9622
 Fax. 705-741-3719
<http://www.ymcaofceo.ca>

Effective September 11 – December 17, 2017

2017 Fall Adult Fitness Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Cyclefit- Studio	6:15-7:00am Yogaflow-MPR	6:15-7:00am Core, Glute & Thigh - Studio	6:15-7:00am Yogaflow-MPR	6:00-7:00am Cyclefit- Studio	8:00-8:30am Corefit- Studio	8:30-9:30am Cyclefit-Studio
9:10-10:10am Total Body Blast Studio	9:00-10:00am Strength & Stretch MPR	9:00-10:00am Dance Evolution Studio	9:10-10:00am Step Studio	9:00-10:00am Strength & Stretch Studio	8:30-9:15am Cyclefit Studio	10:30-11:30am Sunday Soul Yoga Studio
9:10-10:10am Sculpt & Tone Gym	10:15-11:15am Kripalu Yoga Studio	9:10-10:10am Simply Strength Gym	10:15-11:15am Hatha Yoga Studio	10:05-10:55pm Total Body Blast Studio	9:30-10:30am Hi/lo Gym	
10:15-11:00am Core Strength & Stretch- Studio	12:15-1:00pm Bootcamp Studio	10:15-11:15am Gentle Yoga Studio	12:15-1:00pm Sculpt & Tone Studio	12:15-1:00pm Bootcamp- Studio		
11:15-12pm Chair Yoga Studio	12:15-1:00pm Hi/lo Gym	11:30-12:00pm Chair Yoga Studio	12:15-1:15pm Kripalu Yoga Board Room	12:15-1:00pm Hi/lo- Gym		
12:15-1:00pm Core Strength & Stretch - Studio	1:15-2:15pm InMotion-Studio	12:15-1:00pm Hi/Lo Gym	1:15-2:15pm InMotion- Studio	1:15-2:15pm InMotion- Studio		
12:15-1:00pm Bootcamp-Gym	5:15-6:15pm Body Burn Studio	12:15-1:00pm Cycle Strong-Studio	6:00-6:45pm Core Strength & Stretch- Studio	5:15-5:55pm Core, Glute & Thigh Studio		
12:15-1:00pm Cycle Strong-MPR	6:30-7:30pm Cyclefit - Studio	5:15-5:45pm Corefit- Studio	7:00-7:45pm Boot Camp- Studio	6:00-6:45pm Boxfit- Studio		
5:15-5:45pm Corefit- Studio	6:30-7:30pm HIIT Bootcamp - Studio	6:00-6:45pm Strength Conditioning- Studio	8:00-9:00pm Yin Yang Yoga- Studio			
6:00-6:45pm Glute, Leg & Thigh Studio	7:45-8:45pm Restorative Yoga Studio					
8:00-9:00pm Yogaflow- Studio						
5:30-8:00am 9:00-10:15pm	5:30-9:00am 11:15-12:15pm 3:00-4:00pm 5:00-5:30pm 8:45-10:15pm	5:30-6:15am 7:00-9:15am 11:15-12:15pm 1:00-5:15pm 8:00-10:15pm	5:30-9:10am 11:15-12:15pm 2:00-5:15pm 9:00-10:15pm	5:30-6:00am 7:00-9:15am 2:00-6:00pm 8:30-10:15pm	7:00-8:30am 2:00-7:15pm	7:00-9:15am 11:30-2:00pm 4:00-7:15pm