



# Brantford Family YMCA

# SCHEDULE

July 3 to July 31, 2018



## MONDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 6:00am-4:00pm		<b>Child Minding</b> 9:00-11:30am	<b>Cycle Fit</b> 6:30-7:15am  <b>Cardio Fit</b> 9:30-10:30am  <b>Balance+</b> 11:00-12:00  <b>Sculpt &amp; Sweat</b> 12:15-1:00
<b>HIIT</b> 5:15-6:15		<b>Child Minding</b> 4:15-8:00pm	<b>Yoga</b> 6:30-7:30
<b>Y Kids</b> 6:30-8:00pm			
<b>Open Gym</b> 8:00-10:00pm			

## TUESDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 6:00-11:45am		<b>Child Minding</b> 9:00-11:30am	<b>Cardio Fit</b> 6:30-7:15
<b>Healthy Hearts</b> 12:00-3:00pm		<b>Child Minding</b> 4:15-8:00pm	<b>HIIT</b> 12:15-1:00
<b>Open Gym</b> 3:00-4:00pm			
<b>Community Rental</b> 4:00-6:00pm			
<b>Y Kids</b> 6:00-8:00pm			<b>Cycle Fit</b> 5:15-6:15
<b>Open Gym</b> 8:00-10:00pm			<b>Core</b> 6:30-7:30

## WEDNESDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 6:00-5:00pm		<b>Child Minding</b> 9:00-11:30am	<b>Cycle Fit</b> 6:30-7:15
		<b>Child Minding</b> 4:15-8:00pm	<b>Core</b> 12:15-1:00
<b>Y Kids</b> 5:00-7:30			<b>Cycle &amp; Strength</b> 5:15-6:15
<b>Open Gym</b> 7:30-10:00pm			<b>Yoga</b> 6:30-7:30

## THURSDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 6:00-11:45am		<b>Child Minding</b> 9:00-11:30am	
<b>Healthy Hearts</b> 12:00-3:00pm		<b>Child Minding</b> 4:15-8:00pm	<b>Cycle Fit</b> 12:15-1:00
<b>Open Gym</b> 3:00-4:00pm			<b>Body Flex</b> 1:15-2:00
<b>Y Kids</b> 5:00-7:30			
<b>Open Gym</b> 7:00-10:00			<b>Body Fit</b> 5:15-6:15
			<b>Stretch</b> 6:30-7:30

## FRIDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 6:00am-10:00pm		<b>Child Minding</b> 9:00-11:30am	<b>Cycle Fit</b> 6:30-7:15  <b>Yoga</b> 9:30-10:30  <b>Balance+</b> 11:00-12:00  <b>Core</b> 12:15-1:00

## SATURDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 7:00am-10:30am		<b>Child Minding</b> 8:30-12:00	<b>Cycle and Strength</b> 8:45-10:00  <b>Yoga</b> 10:30-11:30
<b>Y Kids</b> 10:30-12:00pm			

## SUNDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 8:00am-6:00pm		<b>Child Minding</b> 9:00-11:30	

## HOLIDAY

Gym	Multi-Purpose	Play Center	Studio
<b>Open Gym</b> 8:00-5:00		<b>Child Minding</b> 9:00-11:30	<b>Instructors Choice</b> 9:30-10:30

Legend:   Adult Group Fitness Class   Supervised Program  
 Open \* Registered Program

\*\* Limited space: Tag system in place to reserve your spot. Tags can be picked up at the Membership Desk up to 1 hour prior to class start.

**CHILD MINDING:** Child Minding program gives toddlers and pre-schoolers the chance to play together in a supervised area, while parents/guardians are in the building.  
 Single Child Card (8 hours): \$32  
 Family Card- 2 or more children (8 hours): \$44  
 Sun to Fri. 9:00am - 11:30am • Sat 8:30am - 12:00pm  
 Mon to Thurs 4:15 - 8:00pm • Fri 5:00 - 7:00pm

143 Wellington Street,  
 Brantford, ON N3S 3Y8  
 Phone: 519-752-6568  
 Fax: 519-759-8431  
 brantford.membership@ymcahbb.ca  
 www.ymcahbb.ca

Facility Hours:  
 M - F: 5:30am - 10:00pm  
 Saturday: 7:00am - 8:00pm  
 Sunday: 8:00am - 6:00pm  
 Holidays 8:00am - 5:00pm  
 (unless otherwise stated)