



# John Williams YMCA Group Fitness Class Schedule



This schedule starts May 2<sup>nd</sup>, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00AM GENTLE FIT GYM MIRANDA/LEXI	9:00-9:45AM SIMPLY STRENGTH GYM LEXI	9:00-10:00AM ZUMBA GYM MELISSA	9:00 - 9:45AM BOOTCAMP GYM MIRANDA	9:00 – 9:45AM GENTLE FIT GYM ROSA	8:15 – 9:00AM CYCLE FIT GYM LISA	9:00-10:30AM HATHA YOGA STUDIO MIKHAIL
9:15-10AM CYCLE FIT GYM LEXI	10:00-11:00AM YOGA EAST GYM LEXI	10:15-11:00AM CHAIR YOGA STUDIO JUDY	10:00-11:00AM YOGA STUDIO JUDY	10:00-11:00AM FIT4ALL GYM ROSA	9:15 – 10:00AM BOOTCAMP GYM ROSA/MIRANDA	
10:15-11:00AM FIT4ALL GYM MIRANDA	<div style="background-color: #003366; color: white; padding: 10px; text-align: center;"> <b>Fitness Class Questions</b>            Email <a href="mailto:lexi.bruce@ceo.ymca.ca">lexi.bruce@ceo.ymca.ca</a> or            call 613 394-9622         </div>					
11:15-12PM GENTLE FIT GYM MIRANDA/BARB						
5:00-5:45PM ZUMBA STUDIO BRENDA	5:30-6:15PM BOOTCAMP GYM MIRANDA	5:30 – 6:15PM SIMPLY STEP GYM LEXI				
6:00 – 6:45PM SIMPLY STRENGTH GYM AMAL	6:30 -7:15PM CYCLE FIT GYM LISA	6:45-7:45PM HATHA YOGA STUDIO MIKHAIL	6:30 -7:30PM CYCLE FIT GYM LISA			
7:00-7:45PM POWER YOGA STUDIO JUDY						

Register online at  
[www.ymcaofceo.ca](http://www.ymcaofceo.ca)

Masks are a personal choice.  
Please be kind and respect others  
decision.