



John Williams YMCA

Winter 2023 Adult Fitness Schedule



This schedule starts January 9th, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00AM IN MOTION GYM MIRANDA	9:00-9:45AM SIMPLY STRENGTH GYM LEXI	6:30 – 7:15AM YOGA STUDIO ANGIE	9:00 - 9:45AM BOOTCAMP GYM MIRANDA	8:15 – 9:00AM IN MOTION GYM ROSA	8:15 – 9:00AM CYCLE FIT STUDIO LISA	9:00-10:30AM HATHA YOGA STUDIO MIKHAIL
9:15-10:00AM CYCLE FIT STUDIO LEXI	10:00-11:00AM YOGA EAST GYM ANGIE/LEXI	9:00-10:00AM ZUMBA GYM MELISSA	10:00-11:00AM YOGA STUDIO JUDY	9:15-10:15AM FIT4ALL GYM ROSA	9:15 – 10:00AM BOOTCAMP GYM ROSA/MIRANDA	
9:15-10:00AM FIT4ALL GYM MIRANDA	1:30-3:00PM **POST REHAB CARDIAC MAINTENANCE**	9:00-9:45AM TRX CIRCUIT STUDIO MIRANDA		10:30-11:30AM YIN YOGA STUDIO ANGIE		
10:15-11:00AM ZUMBA STUDIO BRENDA H.	5:30-6:15PM BOOTCAMP GYM MIRANDA	10:15-11:15AM CHAIR YOGA STUDIO JUDY		1:30-3:00PM **POST REHAB CARDIAC MAINTENANCE**		
5:30 – 6:30PM TOTAL BODY BLAST STUDIO BRENDA R.	6:30 -7:15PM CYCLE FIT STUDIO LISA	5:30 – 6:30PM TOTAL BODY BLAST GYM ROCHELLE	5:30-6:15PM TRX CIRCUIT STUDIO CARLA			
6:45-7:45PM YOGA STUDIO JUDY	6:30-8:30PM WHEELCHAIR BASKETBALL	6:45-7:45PM HATHA YOGA STUDIO MIKHAIL	6:30-7:30PM CYCLE FIT STUDIO LISA			

Fitness Class Questions
Email:
lexi.bruce@ceo.ymca.ca or
call 613 394-9622

Fitness classes are
drop-in.
**Indicates
registered program**