



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 – 9:10AM 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** | 9:00-10:00AM 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**