

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba 8:00-9:00am Studio	Yoga 6:30-7:15am Studio	Zumba 8:00-9:00am Studio	In Motion 8:15-9:00am East Gym	CycleFit 8:15-9:00am Studio
In Motion 8:15-9:00am East Gym	Simply Strength 9:00-9:45am East Gym	Zumba 9:00-10:00am East Gym	Rig Training 8:15-8:45am Turf	Fit4All 9:15-10:15 East Gym	Bootcamp 9:15-10am East Gym
Fit4All 9:15-10:15am East Gym	Yoga 10-11am Studio	TRX Circuit 9-10am Studio	Bootcamp 9:00-9:45am East Gym	Yin Yoga 10:30-11:30am Studio	
CycleFit 9:15-10am Studio	GentleFit 11:15-12pm Studio	Chair Yoga 10:15-11:15am Studio	Yoga 10-11am Studio	Post Rehab Studio**	
Zumba 10:15-11am Studio	Post Rehab Studio**	Total Body Blast 5:30-6:30pm East Gym	GentleFit 11:15-12pm Studio		
					Sunday
Total Body Blast 5:30-6:30pm East Gym	Bootcamp 5:30-6:15pm East Gym	Hatha Yoga 6:45-7:45pm Studio	TRX Circuit 5:30-6:15pm Studio		Hatha Yoga 9-10:30am Studio
	CycleFit 6:30-7:15pm Studio		CycleFit 6:30-7:15pm Studio		
	Wheelchair Basketball 6:30-8pm East Gym		Rig Training 6:30-7:00pm Turf	Fitness Classes are drop in and open to everyone 13 years and up. Registered programs are marked with ** Contact Carla Vargas with questions or concerns: carla.vargas@ceo.ymca.ca	

JOHN WILLIAMS BRANCH FALL FITNESS SCHEDULE

