



John Williams YMCA Spring Fitness Schedule

Fitness Classes are drop in and open to everyone 13 years and up.

Registered Programs are marked with **

For questions or concerns please contact Carla Vargas at carla.vargas@ceo.ymca.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga	Gentle Fit	Yoga	Rig Training	In Motion	Cycle Fit	Hatha Yoga
6:30-7:15am	8:00-8:45am	6:30-7:15am	8:15-8:45am	8:15-9:00am	8:15-9:00am	9:00-10:30am
Studio	Studio	Studio	Turf**	East Gym	Studio	Studio
<i>Angie</i>	<i>Barb</i>	<i>Angie</i>	<i>Miranda</i>	<i>Rosa</i>	<i>Lisa</i>	<i>Mikhail</i>
In Motion	Simply Strength	Rig Training	Bootcamp	Mobility	Bootcamp	
8:15-9:00am	9:00-9:45am	8:15-8:45am	9:00-9:45am	8:15-8:45am	9:15-10:00am	
Gym	Gym	Turf**	East Gym	Studio	East Gym	
<i>Miranda</i>	<i>Lexi</i>	<i>Miranda</i>	<i>Miranda</i>	<i>Miranda</i>	<i>Miranda/Rosa</i>	
Fit 4 All	Yoga	Zumba	Yoga	Fit 4 All		
9:15-10:15am	10:00-11:00am	9:00-10:00am	10:00-11:00am	9:15-10:15am		
Gym	Studio	East Gym	Studio	Gym		
<i>Miranda</i>	<i>Lexi</i>	<i>Melissa</i>	<i>Judy</i>	<i>Rosa</i>		
Cycle Fit	Post Rehab	TRX Circuit	TRX Circuit	Core		
9:15-10:00am	2:00-3:00pm	9:00-10:00am	5:30-6:15pm	9:15-9:45am		
Studio	Studio**	Studio	Studio	Studio		
<i>Lexi</i>	<i>Miranda</i>	<i>Miranda</i>	<i>Carla</i>	<i>Miranda</i>		
Foam Roller	Bootcamp	Chair Yoga	Cycle Fit	Yin Yoga		
10:30-11:00am	5:30-6:15pm	10:15-11:15am	6:30-7:30pm	10:30-11:30am		
Studio	Gym	Studio	Studio	Studio		
<i>Lexi</i>	<i>Miranda</i>	<i>Judy</i>	<i>Lisa</i>	<i>Angie</i>		
Zumba	Cycle Fit	Total Body Blast		Post Rehab		
12:30-1:15pm	6:30-7:15pm	5:30-6:30pm		2:00-3:00pm		
Studio	Studio	East Gym		Studio		
<i>Brenda. H</i>	<i>Lisa</i>	<i>Rochelle</i>		<i>Rosa</i>		
Total Body Blast		Hatha Yoga				
5:30-6:30pm		6:45-7:45pm				
Studio		Studio				
<i>Brenda. R</i>		<i>Mikhail</i>				
Stretch and Unwind						
6:40-7:10pm						
Studio						
<i>Angie</i>						

Revised March 26, 2024

