



John Williams YMCA Fall Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 6:30-7:15am Studio - Angie	Gentle Fit 8-8:45am Studio - Barb	Yoga 6:30-7:15am Studio - Angie	Rig Training 8:15-8:45am Turf - Miranda	In Motion 8:15-9am Gym - Rosa	Cycle Fit 8:15-9am Studio - Lisa	Hatha Yoga 9-10:30am Studio -Mikhail
In Motion 8:15-9am Gym - Miranda	Simply Strength 9-9:45am Gym - Lexi	Zumba 9-10am Gym - Melissa	Bootcamp 9-9:45am Gym - Miranda	Mobility 8:15-9am Studio - Miranda	Bootcamp 9-9:45am Gym - Miranda/Rosa	
Fit 4 All 9:15-10:15am Gym - Miranda	Yoga 10-11am Studio - Lexi	RIP 8:15-9am Studio - Rosa	Yoga 10-11am Studio - Kit	Fit 4 All 9:15-10:15am Gym - Rosa	Zumba 9:30-10:30am Studio - Julia	
Cycle Fit 9:15-10am Studio - Lexi	Post Rehab** 1:30-3pm Studio - Miranda	TRX Circuit 9:15-10:15am Studio - Miranda	TRX Circuit 5:30-6:15pm Studio - Carla	Core 9:15-9:45am Studio - Miranda	<p>Fitness Classes are drop in and open to everyone 13 years and up. Registered programs are marked with **</p> <p>For questions or concerns please contact Carla at carla.vargas@ceo.ymca.ca</p>	
Foam Roller 10:30-11am Studio - Lexi	Bootcamp 5:30-6:15pm Gym - Miranda	Total Body Blast 5:30-6:30pm Gym - Rochelle	Cycle Fit 6:30-7:30pm Studio - Lisa	Yin Yoga 10:30-11:30am Studio - Angie		
Zumba 12:30-1:30pm Studio - Brenda H	Cycle Fit 6:30-7:15pm Studio - Lisa	Hatha Yoga 6:45-7:45pm Studio - Mikhail		Post Rehab** 1:30-3pm Studio - Rosa		
Total Body Blast 5:30-6:30pm Studio - Brenda R						
						Effective Sept 16,2024