

John Tod Centre Y Fitness Schedule

WELLNESS STUDIO ALL CLASSES REQUIRE

Effective: Jan 4th-Mar 12th

PRE-REGISTRATION NO DROP INS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	8:45-10am Yoga for Everybody Charlie		Stretch for Health Bodil		
10:30-11:30	Forever Fit Ashley	Stretch for Health Terry	Forever Fit Arlene	Yoga for Everybody Deb	
12:00-1:00 pm	Forever Fit Plus Alison	Forever Fit Yoga Deb	Forever Fit Plus Michelle	Forever Fit Yoga Terry	
1:30-2:30		Forever Fit Amber		Forever Fit Michelle	
2:30-3:30					

ACTIVITY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Pilates Caroline		Pilates Amber		
10:30-11:30	10:30-11:30 Roll & Restore Bodil		10:30-11:30 Yoga for Everybody Marie		
1:15-2:15					

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday
PM		1:15-2:30 Power over Parkinson's		1:15-2:30 Power over Parkinson's	

**Registration opens December 21 for Members
December 22 for Non members**

2021 Winter Fitness Schedule

