

# John Tod Centre Y Fitness Schedule

**Wellness Studio** Effective: Mar. 30 to June 26

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	8:45-10:00 Yoga for Every-Body Charlie	Nia Trudy	Balance, Strength and Stretch Leah	Forever Strong Joy	
10:15-11:15	Forever Fit Joy	Stretch for Health Bodil	Yoga Fusion Joy	Stretch for Health Marie	
11:30-12:30	Roll and Restore Bodil				
1:30		<b>*Minds in Motion</b> see class details for registraion		1:00-2:00pm Forever Fit Michelle	
2:15-3:15	<b>*Better Hips and Better Knees</b>			<b>*Better Hips and Better Knees</b>	

## Gathering room

	Monday	Tuesday	Wednesday	Thursday	Friday
1:15-1:45					

## Gymnasium

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>*Power over Parkinsons</b> See class description for registration info		<b>* Power over Parkinsons</b> See class description for registration info	

To register call Member Services 250-372-7725

Regular classes \$2.75 per class for YMCA BC Members and \$7.75 per class for non-members

**\*Specialty programs prices and dates may vary, please call from desk for information**

**ALL Classes require pre-registration for the session, no drop ins**

John Tod Centre Fitness is open during  
class time only

Downtown Facility Hours Mon-Fri 5:30am-9:00pm  
Sat/Sun and Stat Holidays 7am-7pm

