



## Family YMCA of St.Thomas-Elgin | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Active</b> <a href="#">Drop-in Program</a>	6:05AM-7:05AM (Cardio)	6:35PM-7:35PM (Cardio)	6:05AM-7:05AM (Cardio)	6:35PM-7:35PM (Cardio)	9:30AM-10:30AM (Cardio)		
<b>Pickleball</b> <a href="#">Drop-in Program</a>	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)  12:00PM-2:00PM (Cardio)	8:00AM-9:30AM (Cardio)	8:00AM-9:30AM (Cardio)
<b>Group Fight</b> <a href="#">Drop-in Program</a>	8:30AM-9:30AM (Cardio)						
<b>Aquafit</b> <a href="#">Drop-in Program</a>	8:30AM-9:15AM (Aquatic Fitness)  4:30PM-5:15PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)  11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)  7:00PM-7:45PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)  11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
<b>Group Power</b> <a href="#">Drop-in Program</a>	9:30AM-10:30AM (Strength and Endurance)	5:00PM-6:00PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance)  5:00PM-6:00PM (Strength and Endurance)			
<b>Chairfit</b> <a href="#">Drop-in Program</a>	9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)		
<b>Yoga</b> <a href="#">Drop-in Program</a>	10:30AM-11:30AM (Low Impact)	9:30AM-10:30AM (Low Impact)  7:00PM-8:00PM (Low Impact)		10:30AM-11:30AM (Low Impact)  7:00PM-8:00PM (Low Impact)		10:30AM-11:30AM (Low Impact)	
<b>Group Groove</b> <a href="#">Drop-in Program</a>	5:30PM-6:00PM (Cardio)				8:30AM-9:30AM (Cardio)		8:30AM-9:30AM (Cardio)
<b>Group Core</b> <a href="#">Drop-in Program</a>	6:00PM-6:30PM (Strength and Endurance)	8:30AM-9:00AM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>	6:35PM-7:35PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:35PM-7:35PM (Low Impact)				9:30AM-10:30AM (Low Impact)
<b>Aquafit Deep</b> <a href="#">Drop-in Program</a>	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Blast</b> <a href="#">Drop-in Program</a>		6:05AM-7:05AM (Cardio)	5:30PM-6:30PM (Cardio)			8:30AM-9:30AM (Cardio)	
<b>TRX</b> <a href="#">Drop-in Program</a>		9:00AM-9:30AM (Strength and Endurance)				10:00AM-10:30AM (Strength and Endurance)	
<b>Cycle and Sculpt</b> <a href="#">Drop-in Program</a>		6:00PM-6:45PM (Cardio)					
<b>Total Body Barre</b> <a href="#">Drop-in Program</a>			8:30AM-9:30AM (Low Impact)				
<b>Kettlebell</b> <a href="#">Drop-in Program</a>			5:45PM-6:30PM (Strength and Endurance)				
<b>Walking for Health</b> <a href="#">Drop-in Program</a>				7:30AM-8:15AM (Cardio)			
<b>Cycle</b> <a href="#">Drop-in Program</a>				9:00AM-9:45AM (Cardio)			
<b>Light and Lively</b> <a href="#">Drop-in Program</a>				9:30AM-10:30AM (Low Impact)			
<b>Swim-Able</b> <a href="#">Sign Up</a>				4:30PM-5:00PM (Swim-Able)			
<b>Yin Yoga</b> <a href="#">Drop-in Program</a>					10:30AM-11:30AM (Low Impact)		
<b>Aqua Yoga</b> <a href="#">Drop-in Program</a>					12:00PM-12:45PM (Aquatic Fitness)		



## Petrolia YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:15AM-7:00AM (Cardio)	5:15PM-6:00PM (Cardio)	6:15AM-7:00AM (Cardio)			8:00AM-8:45AM (Cardio)	
<b>Aquafit</b> <a href="#">Drop-in Program</a>	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)  10:15AM-11:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)	8:15AM-9:00AM (Aquatic Fitness)		
<b>Cycle, Strength and Stretch</b> <a href="#">Drop-in Program</a>	9:15AM-10:00AM (Strength and Endurance)			5:45PM-6:45PM (Strength and Endurance)			
<b>Water Walking</b> <a href="#">Drop-in Program</a>	9:15AM-10:00AM (Aquatic Fitness)				9:15AM-10:00AM (Aquatic Fitness)		
<b>Yoga</b> <a href="#">Drop-in Program</a>	10:15AM-11:00AM (Low Impact)  5:00PM-5:45PM (Low Impact)		9:15AM-10:00AM (Low Impact)				
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>	12:15PM-1:00PM (Low Impact)						
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	5:45PM-6:30PM (Strength and Endurance)				6:15AM-7:00AM (Strength and Endurance)		
<b>AquaDance</b> <a href="#">Drop-in Program</a>	6:15PM-7:00PM (Aquatic Fitness)		2:15PM-3:00PM (Aquatic Fitness)	10:15AM-11:00AM (Aquatic Fitness)			9:15AM-10:00AM (Aquatic Fitness)
<b>Turf Time</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Strength and Endurance)					
<b>Light and Lively</b> <a href="#">Drop-in Program</a>		9:15AM-10:00AM (Low Impact)		9:15AM-10:00AM (Low Impact)			
<b>Senior Wellness</b> <a href="#">Drop-in Program</a>		12:00PM-2:00PM (Low Impact)					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Circuit Training</b> <a href="#">Drop-in Program</a>		6:15PM-6:45PM (Strength and Endurance)					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		7:15PM-8:00PM (Low Impact)					
<b>AquaTherapy</b> <a href="#">Drop-in Program</a>			10:15AM-11:00AM (Aquatic Fitness)				
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>			5:45PM-6:30PM (Strength and Endurance)				
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>				6:15AM-7:00AM (Strength and Endurance)		9:00AM-9:45AM (Strength and Endurance)	
<b>Active Agers</b> <a href="#">Drop-in Program</a>				11:00AM-11:30AM (Low Impact)			
<b>Yin Yang Yoga</b> <a href="#">Drop-in Program</a>					9:15AM-10:00AM (Low Impact)		
<b>Chairfit</b> <a href="#">Drop-in Program</a>					10:30AM-11:15AM (Low Impact)		



## Sarnia-Lambton YMCA Jerry McCaw Family Centre | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:15AM-7:00AM (Cardio)	9:15AM-10:15AM (Cardio)	6:15AM-7:00AM (Cardio)	9:15AM-10:15AM (Cardio)			
<b>Light and Lively</b> <a href="#">Drop-in Program</a>	8:00AM-8:45AM (Low Impact)				8:00AM-8:45AM (Low Impact)		
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Strength and Endurance)			10:30AM-11:30AM (Strength and Endurance)	9:15AM-10:15AM (Strength and Endurance)		
<b>Line Dancing</b> <a href="#">Drop-in Program</a>	10:30AM-11:30AM (Cardio)						
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)  7:00PM-7:45PM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)  7:00PM-7:45PM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
<b>HIIT</b> <a href="#">Drop-in Program</a>	12:15PM-1:15PM (Cardio)		12:15PM-1:15PM (Cardio)				
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Strength and Endurance)						
<b>Core and Stretch</b> <a href="#">Drop-in Program</a>	7:30PM-8:30PM (Strength and Endurance)						
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Strength and Endurance)					
<b>Learn to Run</b> <a href="#">Registration Closed</a>		7:00AM-8:00AM (Learn to Run Open for non members)  5:30PM-6:30PM (Learn to Run Open for non members)					
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>		8:00AM-8:45AM (Strength and Endurance)  10:30AM-11:15AM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)  7:30PM-8:30PM (Strength and Endurance)	8:00AM-8:45AM (Strength and Endurance)	6:15AM-7:15AM (Strength and Endurance)  10:30AM-11:15AM (Strength and Endurance)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Group Power</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Strength and Endurance)		6:15AM-7:15AM (Strength and Endurance)  9:15AM-10:15AM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	
<b>Zumba</b> <a href="#">Drop-in Program</a>		5:30PM-6:30PM (Cardio)					
<b>Chairfit</b> <a href="#">Drop-in Program</a>			8:00AM-8:45AM (Low Impact)				
<b>Group Active</b> <a href="#">Drop-in Program</a>			9:15AM-10:15AM (Cardio)  5:30PM-6:30PM (Cardio)				
<b>Suspension Training</b> <a href="#">Drop-in Program</a>			7:00PM-7:45PM (Strength and Endurance)				
<b>Step</b> <a href="#">Drop-in Program</a>				5:30PM-6:30PM (Cardio)	9:15AM-10:15AM (Cardio)		
<b>Turf Time</b> <a href="#">Drop-in Program</a>					12:15PM-1:00PM (Strength and Endurance)		10:15AM-11:00AM (Strength and Endurance)
<b>Dance Fit</b> <a href="#">Drop-in Program</a>						9:15AM-10:15AM (Cardio)	
<b>Yoga</b> <a href="#">Drop-in Program</a>						10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
<b>Family Boot Camp</b> <a href="#">Drop-in Program</a>						10:30AM-11:15AM (Strength and Endurance)	



## Central Huron YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:30AM-7:15AM (Cardio)		6:30PM-7:15PM (Cardio)				
<b>Yoga</b> <a href="#">Drop-in Program</a>	6:30PM-7:15PM (Low Impact)						
<b>Group Power</b> <a href="#">Drop-in Program</a>		6:30PM-7:30PM (Strength and Endurance)					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>				9:00AM-10:00AM (Low Impact)			
<b>Pilates</b> <a href="#">Drop-in Program</a>				6:30PM-7:15PM (Low Impact)			
<b>TRX</b> <a href="#">Drop-in Program</a>						8:30AM-9:30AM (Strength and Endurance)	



## Lambton Shores YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>	8:00AM-8:45AM (Strength and Endurance)		8:00AM-8:45AM (Strength and Endurance)  6:00PM-7:00PM (Strength and Endurance)				
<b>Yoga</b> <a href="#">Drop-in Program</a>	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
<b>Group Power</b> <a href="#">Drop-in Program</a>	6:00PM-7:00PM (Strength and Endurance)			6:00PM-7:00PM (Strength and Endurance)		9:00AM-10:00AM (Strength and Endurance)	
<b>Cycle, Strength and Stretch</b> <a href="#">Drop-in Program</a>		6:00AM-7:00AM (Strength and Endurance)		6:00AM-7:00AM (Strength and Endurance)			
<b>Instructors Choice</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Strength and Endurance)					
<b>Group Fight</b> <a href="#">Drop-in Program</a>		5:00PM-6:00PM (Cardio)		9:00AM-10:00AM (Cardio)			
<b>Pilates</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Low Impact)				
<b>Group Groove</b> <a href="#">Drop-in Program</a>			7:15PM-8:15PM (Cardio)				
<b>Hip, back and beyond Mobility</b> <a href="#">Drop-in Program</a>				8:00AM-8:45AM (Low Impact)			
<b>Group Centergy</b> <a href="#">Drop-in Program</a>				7:15PM-8:15PM (Low Impact)			8:15AM-9:15AM (Low Impact)
<b>Circuit Training</b> <a href="#">Drop-in Program</a>					8:00AM-8:45AM (Strength and Endurance)		
<b>Cycle</b> <a href="#">Drop-in Program</a>						8:15AM-8:45AM (Cardio)	





## StarTech.com Community Centre, YMCA, & Library | June 8th - June 14th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aquafit</b> <a href="#">Drop-in Program</a>	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)  10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)  10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness)  9:00AM-9:45AM (Aquatic Fitness)  10:00AM-10:45AM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)
<b>Yoga</b> <a href="#">Drop-in Program</a>	8:30AM-9:30AM (Low Impact)  7:45PM-8:45PM (Low Impact)	9:15AM-10:15AM (Low Impact)	8:30AM-9:30AM (Low Impact)  6:00PM-7:00PM (Low Impact)	6:30PM-7:30PM (Low Impact)	8:30AM-9:30AM (Low Impact)  7:45PM-8:45PM (Low Impact)	11:00AM-12:00PM (Low Impact)	
<b>Cycle</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Cardio)				9:00AM-9:45AM (Cardio)	9:00AM-9:45AM (Cardio)	
<b>Boot Camp</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Strength and Endurance)  6:30PM-7:15PM (Strength and Endurance)				9:00AM-9:45AM (Strength and Endurance)		
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>	10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
<b>Group Blast</b> <a href="#">Drop-in Program</a>	11:00AM-12:00PM (Cardio)						
<b>Group Active</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Cardio)		10:00AM-11:00AM (Cardio)  5:30PM-6:30PM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
<b>Pilates</b> <a href="#">Drop-in Program</a>	6:30PM-7:30PM (Low Impact)				6:30PM-7:30PM (Low Impact)		
<b>Group Groove</b> <a href="#">Drop-in Program</a>	7:15PM-8:15PM (Cardio)						
<b>Light and Lively</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Low Impact)		9:00AM-9:45AM (Low Impact)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Strength and Endurance)					
<b>Turf Time</b> <a href="#">Drop-in Program</a>		10:30AM-11:15AM (Strength and Endurance)	6:30PM-7:15PM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)			
<b>Hatha Yoga</b> <a href="#">Drop-in Program</a>		10:30AM-11:30AM (Low Impact)					
<b>Womens Only Fitness</b> <a href="#">Sign Up</a>		1:00PM-2:00PM (Cardio)		1:00PM-2:00PM (Cardio)			
<b>Group Core</b> <a href="#">Drop-in Program</a>		5:30PM-6:00PM (Strength and Endurance)				11:00AM-11:30AM (Strength and Endurance)	
<b>Kettlebell</b> <a href="#">Sign Up</a>		5:30PM-6:30PM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)				
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		6:30PM-7:30PM (Low Impact)					11:00AM-12:00PM (Low Impact)
<b>Group Power</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Strength and Endurance)		10:00AM-11:00AM (Strength and Endurance)  6:00PM-7:00PM (Strength and Endurance)		8:30AM-9:30AM (Strength and Endurance)	10:00AM-11:00AM (Strength and Endurance)
<b>Core</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Strength and Endurance)				
<b>Fitness Challenge</b> <a href="#">Sign Up</a>			10:00AM-11:00AM (Strength and Endurance)				
<b>Taekwondo</b> <a href="#">Sign Up</a>			6:30PM-7:30PM (Low Impact)				11:30AM-12:45PM (Low Impact)
<b>Afro Dance</b> <a href="#">Sign Up</a>			7:15PM-8:15PM (Cardio)				
<b>Cycle and Core</b> <a href="#">Drop-in Program</a>				9:00AM-10:00AM (Cardio)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Group Centergy</b> <a href="#">Drop-in Program</a>							8:30AM-9:30AM (Low Impact)



## Centre Branch YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Active</b> <a href="#">Drop-in Program</a>	8:15AM-9:15AM (Cardio)	12:00PM-1:00PM (Cardio)  5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)	5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)	9:30AM-10:30AM (Cardio)	
<b>Yoga</b> <a href="#">Drop-in Program</a>	9:30AM-10:30AM (Low Impact)	10:45AM-11:45AM (Low Impact)  7:00PM-8:00PM (Low Impact)		10:45AM-11:45AM (Low Impact)  7:00PM-8:00PM (Low Impact)			9:30AM-10:30AM (Low Impact)
<b>Cycle</b> <a href="#">Drop-in Program</a>	9:30AM-10:30AM (Cardio)	5:45PM-6:45PM (Cardio)	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Aquatic Fitness)  12:00PM-12:45PM (Aquatic Fitness)		12:00PM-12:45PM (Aquatic Fitness)  7:00PM-7:45PM (Aquatic Fitness)	5:30PM-6:15PM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)
<b>Group Power</b> <a href="#">Drop-in Program</a>	12:00PM-1:00PM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	12:00PM-1:00PM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)		10:45AM-11:45AM (Strength and Endurance)	
<b>Gentle Joints</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
<b>Water Walking</b> <a href="#">Drop-in Program</a>			11:00AM-11:45AM (Aquatic Fitness)				
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>				9:30AM-10:30AM (Low Impact)			
<b>Group Centergy</b> <a href="#">Drop-in Program</a>					10:45AM-11:45AM (Low Impact)		
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>					12:00PM-1:00PM (Strength and Endurance)		
<b>Run Club</b> <a href="#">Drop-in Program</a>							10:00AM-11:00AM (Learn to Run)





## Goderich Huron YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>	9:00AM-10:00AM (Strength and Endurance)						
<b>Aquafit</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Aquatic Fitness)  6:30PM-7:15PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  7:15PM-8:00PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)		
<b>Chairfit</b> <a href="#">Drop-in Program</a>	10:15AM-11:15AM (Low Impact)		11:30AM-12:30PM (Low Impact)		12:30PM-1:30PM (Low Impact)		
<b>R30</b> <a href="#">Drop-in Program</a>	11:30AM-12:00PM (Cardio)						
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>	12:30PM-1:30PM (Low Impact)	10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
<b>Group Blast</b> <a href="#">Drop-in Program</a>	6:00PM-7:00PM (Cardio)						
<b>Group Active</b> <a href="#">Drop-in Program</a>		8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
<b>TRX</b> <a href="#">Drop-in Program</a>		9:15AM-10:00AM (Strength and Endurance)			9:00AM-9:45AM (Strength and Endurance)		
<b>Group Fight</b> <a href="#">Drop-in Program</a>		6:00PM-7:00PM (Cardio)					
<b>Step</b> <a href="#">Drop-in Program</a>			9:00AM-9:45AM (Cardio)				
<b>Yoga</b> <a href="#">Drop-in Program</a>			10:15AM-11:15AM (Low Impact)  7:15PM-8:15PM (Low Impact)		11:15AM-12:00PM (Low Impact)	10:15AM-11:15AM (Low Impact)	
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>			5:00PM-5:45PM (Strength and Endurance)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cardio Dance</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>					10:00AM-11:00AM (Strength and Endurance)		
<b>Restorative Yoga</b> <a href="#">Drop-in Program</a>							10:15AM-11:15AM (Low Impact)



## Middlesex Centre Wellness & Recreation Complex | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Active Agers</b> <a href="#">Drop-in Program</a>	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
<b>Group Power</b> <a href="#">Drop-in Program</a>	6:30PM-7:30PM (Strength and Endurance)			9:00AM-10:00AM (Strength and Endurance)			
<b>Yoga</b> <a href="#">Drop-in Program</a>		9:00AM-10:00AM (Low Impact)  6:30PM-7:30PM (Low Impact)				9:00AM-10:00AM (Low Impact)	
<b>Restorative Yoga</b> <a href="#">Sign Up</a>			6:30PM-8:00PM (Low Impact)				
<b>Cycle</b> <a href="#">Drop-in Program</a>			6:30PM-7:30PM (Cardio)				
<b>Kettlebell</b> <a href="#">Drop-in Program</a>				6:30PM-7:30PM (Strength and Endurance)			



## Chatham-Kent YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit</b> <a href="#">Drop-in Program</a>	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	11:00AM-11:45AM (Aquatic Fitness)  6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)  11:00AM-11:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	
<b>Group Core</b> <a href="#">Drop-in Program</a>	9:30AM-10:00AM (Strength and Endurance)						
<b>Chairfit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Low Impact)			10:00AM-10:45AM (Low Impact)			
<b>R30</b> <a href="#">Drop-in Program</a>	10:00AM-10:30AM (Cardio)		12:15PM-12:45PM (Cardio)				
<b>Cardio Dance</b> <a href="#">Drop-in Program</a>	12:10PM-12:55PM (Cardio)						
<b>TRX</b> <a href="#">Drop-in Program</a>	1:10PM-1:55PM (Strength and Endurance)				9:30AM-10:30AM (Strength and Endurance)		
<b>Group Active</b> <a href="#">Drop-in Program</a>	5:15PM-6:15PM (Cardio)			5:15PM-6:15PM (Cardio)			
<b>Group Power</b> <a href="#">Drop-in Program</a>	6:30PM-7:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)  6:30PM-7:30PM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)	
<b>Gentle Joints</b> <a href="#">Drop-in Program</a>		9:00AM-9:45AM (Aquatic Fitness)		9:00AM-9:45AM (Aquatic Fitness)			
<b>Chair Yoga</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Low Impact)					
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>		12:10PM-12:55PM (Strength and Endurance)		12:10PM-12:55PM (Strength and Endurance)			
<b>Group Fight</b> <a href="#">Drop-in Program</a>		5:15PM-6:15PM (Cardio)					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Group Centergy</b> <a href="#">Drop-in Program</a>			9:30AM-10:30AM (Low Impact)			10:30AM-11:30AM (Low Impact)	
<b>Zumba</b> <a href="#">Drop-in Program</a>			5:15PM-6:15PM (Cardio)				
<b>Turf Time</b> <a href="#">Drop-in Program</a>			6:30PM-7:30PM (Strength and Endurance)		5:15PM-6:15PM (Strength and Endurance)		
<b>Pilates</b> <a href="#">Drop-in Program</a>					12:00PM-1:00PM (Low Impact)		



## Stoney Creek Community Centre, YMCA & Library | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Strength and Endurance)  7:00PM-8:00PM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)	7:00PM-8:00PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)  5:30PM-6:30PM (Strength and Endurance)	10:00AM-11:00AM (Strength and Endurance)	
<b>Group Centergy</b> <a href="#">Drop-in Program</a>	9:15AM-10:15AM (Low Impact)	7:00PM-8:00PM (Low Impact)	9:15AM-10:15AM (Low Impact)	7:00PM-8:00PM (Low Impact)	9:15AM-10:15AM (Low Impact)		10:00AM-11:00AM (Low Impact)
<b>Aquafit</b> <a href="#">Drop-in Program</a>	9:15AM-10:00AM (Aquatic Fitness)  12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	9:15AM-10:00AM (Aquatic Fitness)  12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	
<b>Light and Lively</b> <a href="#">Sign Up</a>	10:00AM-10:45AM (Low Impact)  11:00AM-11:45AM (Low Impact)	11:00AM-11:45AM (Low Impact)	10:00AM-10:45AM (Low Impact)  11:00AM-11:45AM (Low Impact)	11:00AM-11:45AM (Low Impact)			
<b>Water Walking</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
<b>Yoga</b> <a href="#">Drop-in Program</a>	10:15AM-11:15AM (Low Impact)  7:00PM-8:00PM (Low Impact)		7:00PM-8:00PM (Low Impact)			9:00AM-10:00AM (Low Impact)	9:00AM-11:00AM (Low Impact)
<b>Meditation</b> <a href="#">Sign Up</a>	11:15AM-12:00PM (Low Impact)						
<b>Gym-Able</b> <a href="#">Sign Up</a>	5:00PM-5:30PM (Gym-Able)  5:40PM-6:10PM (Gym-Able)  6:20PM-7:05PM (Gym-Able)  7:15PM-8:00PM (Gym-Able)	5:00PM-5:30PM (Gym-Able)  5:40PM-6:10PM (Gym-Able)  6:20PM-7:05PM (Gym-Able)  7:15PM-8:00PM (Gym-Able)		5:00PM-5:30PM (Gym-Able)  5:35PM-6:20PM (Gym-Able)  6:25PM-7:10PM (Gym-Able)  7:15PM-8:00PM (Gym-Able)		9:00AM-9:30AM (Gym-Able)  9:35AM-10:20AM (Gym-Able)  10:25AM-11:10AM (Gym-Able)  11:15AM-12:00PM (Gym-Able)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Active</b> <a href="#">Drop-in Program</a>	5:30PM-6:30PM (Cardio)	11:00AM-12:00PM (Cardio)		11:00AM-12:00PM (Cardio)  5:30PM-6:30PM (Cardio)	8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:00PM-6:45PM (Cardio)		6:00PM-6:45PM (Cardio)	9:15AM-10:15AM (Cardio)		8:15AM-9:00AM (Cardio)	
<b>Bollywood Dance</b> <a href="#">Sign Up</a>	6:00PM-7:00PM (Cardio)						
<b>Cycle, Strength and Stretch</b> <a href="#">Drop-in Program</a>		6:15AM-7:00AM (Strength and Endurance)					
<b>Gentle Yoga</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Low Impact)					
<b>Group Blast</b> <a href="#">Drop-in Program</a>		9:15AM-10:15AM (Cardio)  7:00PM-8:00PM (Cardio)		7:00PM-8:00PM (Cardio)		9:00AM-10:00AM (Cardio)	
<b>Group Groove</b> <a href="#">Drop-in Program</a>		7:00PM-8:00PM (Cardio)		5:30PM-6:30PM (Cardio)		11:00AM-12:00PM (Cardio)	
<b>Boot Camp</b> <a href="#">Drop-in Program</a>			6:15AM-7:00AM (Strength and Endurance)  10:15AM-11:00AM (Strength and Endurance)			8:10AM-8:55AM (Strength and Endurance)	
<b>Gentle Joints</b> <a href="#">Drop-in Program</a>			10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)		
<b>Line Dancing</b> <a href="#">Sign Up</a>			12:00PM-1:00PM (Cardio)  1:15PM-2:15PM (Cardio)  2:30PM-3:30PM (Cardio)				
<b>Group Fight</b> <a href="#">Drop-in Program</a>			5:30PM-6:30PM (Cardio)	9:15AM-10:15AM (Cardio)			10:00AM-11:00AM (Cardio)
<b>Tai Chi</b> <a href="#">Sign Up</a>				7:45AM-8:45AM (Low Impact)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Chair Yoga</b> <a href="#">Sign Up</a>				9:15AM-10:15AM (Low Impact)			
<b>Hip, back and beyond Mobility</b> <a href="#">Sign Up</a>					10:15AM-11:00AM (Low Impact)		
<b>Afro Dance</b> <a href="#">Sign Up</a>						10:00AM-11:00AM (Cardio)	



## Strathroy-Caradoc Family YMCA | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Strength and Endurance)						
<b>Light and Lively</b> <a href="#">Drop-in Program</a>	11:00AM-11:45AM (Low Impact)						
<b>Cycle</b> <a href="#">Drop-in Program</a>	6:00PM-6:45PM (Cardio)			7:00AM-7:30AM (Cardio)		9:00AM-9:45AM (Cardio)	
<b>Learn to Run</b> <a href="#">Sign Up</a>	6:00PM-6:45PM (Learn to Run)						
<b>Kettlebell</b> <a href="#">Drop-in Program</a>	7:00PM-7:45PM (Strength and Endurance)					10:00AM-10:45AM (Strength and Endurance)	
<b>Pilates</b> <a href="#">Drop-in Program</a>		10:00AM-10:45AM (Low Impact)					
<b>Suspension Training</b> <a href="#">Drop-in Program</a>		6:00PM-6:45PM (Strength and Endurance)					
<b>Mindful Movements</b> <a href="#">Drop-in Program</a>		7:00PM-7:45PM (Low Impact)					
<b>Active Agers</b> <a href="#">Drop-in Program</a>			10:00AM-10:45AM (Low Impact)				
<b>Dance Fit</b> <a href="#">Drop-in Program</a>			6:00PM-6:45PM (Cardio)	11:00AM-11:45AM (Cardio)			
<b>Core</b> <a href="#">Drop-in Program</a>			7:00PM-7:45PM (Strength and Endurance)				
<b>Yoga</b> <a href="#">Drop-in Program</a>				10:00AM-10:45AM (Low Impact)  7:00PM-7:45PM (Low Impact)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Barbell Fit</b> <a href="#">Drop-in Program</a>				6:00PM-6:45PM (Strength and Endurance)			
<b>Core Strength and Stretch</b> <a href="#">Drop-in Program</a>					10:00AM-10:45AM (Strength and Endurance)		
<b>Women's Self Defence Level 2</b> <a href="#">Sign Up</a>						12:30PM-1:30PM (Workshop (13+))	
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>							10:00AM-10:45AM (Strength and Endurance)



## East Lambton YMCA | June 8th - June 14th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga</b> <a href="#">Drop-in Program</a>	6:00PM-7:00PM (Low Impact)						
<b>Strength and Stretch</b> <a href="#">Drop-in Program</a>		9:00AM-10:00AM (Strength and Endurance)					
<b>Restorative Yoga</b> <a href="#">Drop-in Program</a>		10:00AM-11:00AM (Low Impact)					
<b>Light and Lively</b> <a href="#">Drop-in Program</a>			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
<b>Turf Time</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Strength and Endurance)				
<b>Pilates</b> <a href="#">Drop-in Program</a>			6:00PM-7:00PM (Low Impact)		9:00AM-10:00AM (Low Impact)		
<b>Total Body Conditioning</b> <a href="#">Drop-in Program</a>				6:00PM-7:00PM (Strength and Endurance)			