



Stoney Creek Community Centre, YMCA & Library | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program	12:00PM-12:45PM (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)	12:00PM-12:45PM (Aquatic Fitness)	
Boot Camp Drop-in Program						8:10AM-8:55AM (Strength and Endurance)	
Cycle Drop-in Program						8:15AM-9:00AM (Cardio)	
Yoga Drop-in Program						9:00AM-10:00AM (Low Impact)	9:00AM-10:00AM (Low Impact)
Group Blast Drop-in Program						9:00AM-10:00AM (Cardio)	
Group Power Drop-in Program						10:00AM-11:00AM (Strength and Endurance)	
Group Groove Drop-in Program						11:00AM-12:00PM (Cardio)	
Group Active Drop-in Program							9:00AM-10:00AM (Cardio)
Group Fight Drop-in Program							10:00AM-11:00AM (Cardio)
Group Centergy Drop-in Program							10:00AM-11:00AM (Low Impact)



Sarnia-Lambton YMCA Jerry McCaw Family Centre | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program		9:15AM-10:15AM (Strength and Endurance)			9:15AM-10:15AM (Strength and Endurance)	9:15AM-10:15AM (Strength and Endurance)	
Step Drop-in Program						9:15AM-10:15AM (Cardio)	
Yoga Drop-in Program						10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
Turf Time Drop-in Program							10:15AM-11:00AM (Strength and Endurance)



Petrolia YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program						8:00AM-8:45AM (Cardio)	
Total Body Conditioning Drop-in Program						9:00AM-9:45AM (Strength and Endurance)	
Women on Weights Sign Up						1:00PM-2:00PM (Strength and Endurance)	
AquaDance Drop-in Program							9:15AM-10:00AM (Aquatic Fitness)



Lambton Shores YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program						8:15AM-8:45AM (Cardio)	
Group Power Drop-in Program						9:00AM-10:00AM (Strength and Endurance)	
Group Centergy Drop-in Program							8:15AM-9:15AM (Low Impact)



Centre Branch YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tri Club Bike Plus Drop-in Program						8:15AM-10:00AM (Cardio)	
Group Active Drop-in Program						9:30AM-10:30AM (Cardio)	
Group Power Drop-in Program						10:45AM-11:45AM (Strength and Endurance)	
Cycle Drop-in Program							9:30AM-10:30AM (Cardio)
Yoga Drop-in Program							9:30AM-10:30AM (Low Impact)



Central Huron YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX Drop-in Program						8:30AM-9:30AM (Strength and Endurance)	



Family YMCA of St.Thomas-Elgin | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Blast Drop-in Program						8:30AM-9:30AM (Cardio)	
Aquafit Drop-in Program						8:30AM-9:15AM (Aquatic Fitness)	
Group Core Drop-in Program						9:30AM-10:00AM (Strength and Endurance)	
Yoga Drop-in Program						10:30AM-11:30AM (Low Impact)	
Group Centergy Drop-in Program							9:30AM-10:30AM (Low Impact)



Middlesex Centre Wellness & Recreation Complex | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program						9:00AM-10:00AM (Low Impact)	
Cycle Drop-in Program							9:00AM-10:00AM (Cardio)



Goderich Huron YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Drop-in Program						9:00AM-10:00AM (Cardio)	
Yoga Drop-in Program						10:15AM-11:15AM (Low Impact)	
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)



Strathroy-Caradoc Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program						9:00AM-9:45AM (Cardio)	
Kettlebell Drop-in Program						10:00AM-10:45AM (Strength and Endurance)	
Strength and Stretch Drop-in Program							10:00AM-10:45AM (Strength and Endurance)



Chatham-Kent YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program						9:00AM-9:45AM (Aquatic Fitness)	
Group Power Drop-in Program						9:30AM-10:30AM (Strength and Endurance)	
Turf Time Drop-in Program							9:30AM-10:30AM (Strength and Endurance)



StarTech.com Community Centre, YMCA, & Library | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program						10:00AM-11:00AM (Cardio)	
Group Core Drop-in Program						11:00AM-11:30AM (Strength and Endurance)	
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)
Group Power Drop-in Program							10:00AM-11:00AM (Strength and Endurance)