



Family YMCA of St.Thomas-Elgin | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	6:05AM-7:05AM (Cardio)	6:35PM-7:35PM (Cardio)	6:05AM-7:05AM (Cardio)	6:35PM-7:35PM (Cardio)			
Group Fight Drop-in Program	8:30AM-9:30AM (Cardio)						
Aquafit Drop-in Program	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) 6:45PM-7:30PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)	
Group Power Drop-in Program	9:30AM-10:30AM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)			
Chair Strength and Stretch Drop-in Program	9:30AM-10:15AM (Low Impact)		9:30AM-10:15AM (Low Impact)				
Yoga Drop-in Program	10:30AM-11:30AM (Low Impact)	9:30AM-10:30AM (Low Impact) 7:00PM-8:00PM (Low Impact)		10:30AM-11:30AM (Low Impact)		10:30AM-11:30AM (Low Impact)	
Group Groove Drop-in Program	5:30PM-6:00PM (Cardio)						
Group Core Drop-in Program	6:00PM-6:30PM (Strength and Endurance)					9:30AM-10:00AM (Strength and Endurance)	
Youth Fitness (10-12) Drop-in Program	6:00PM-7:00PM (Strength and Endurance)						
Group Centergy Drop-in Program	6:35PM-7:35PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:35PM-7:35PM (Low Impact)				9:30AM-10:30AM (Low Impact)
Aquafit Deep Drop-in Program	6:45PM-7:30PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Blast Drop-in Program		6:05AM-7:05AM (Cardio)	5:30PM-6:30PM (Cardio)			8:30AM-9:30AM (Cardio)	
TRX Drop-in Program		9:00AM-9:30AM (Strength and Endurance)					
Cycle Fit Drop-in Program		5:30PM-6:15PM (Cardio)					
Kickboxing Drop-in Program			8:30AM-9:30AM (Cardio)				
Kettlebell Drop-in Program			5:30PM-6:00PM (Strength and Endurance)				
Walking for Health Drop-in Program				8:30AM-9:30AM (Cardio)			
Cycle Drop-in Program				9:00AM-9:45AM (Cardio)			
Light and Lively Drop-in Program				9:30AM-10:15AM (Low Impact)			
Turf Time Drop-in Program							10:30AM-11:15AM (Strength and Endurance)



Sarnia-Lambton YMCA Jerry McCaw Family Centre | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Suspension Training Drop-in Program	6:15AM-7:00AM (Strength and Endurance)		7:00PM-7:45PM (Strength and Endurance)				
Light and Lively Drop-in Program	8:00AM-8:45AM (Low Impact)						
Total Body Conditioning Drop-in Program	9:15AM-10:15AM (Strength and Endurance)			10:30AM-11:30AM (Strength and Endurance)			
Line Dancing Drop-in Program	10:30AM-11:30AM (Cardio)	5:30PM-6:30PM (Cardio)					
Aquafit Drop-in Program	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)			
HIIT Drop-in Program	12:15PM-1:00PM (Cardio)		12:15PM-1:00PM (Cardio)				
Boot Camp Drop-in Program	5:30PM-6:30PM (Strength and Endurance)	6:15AM-7:00AM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)			
Yoga Drop-in Program	7:30PM-8:30PM (Low Impact)		7:30PM-8:30PM (Low Impact)			10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
Core Strength and Stretch Drop-in Program		8:00AM-8:45AM (Strength and Endurance) 10:30AM-11:15AM (Strength and Endurance)		8:00AM-8:45AM (Strength and Endurance)			
Group Power Drop-in Program		9:15AM-10:15AM (Strength and Endurance)		6:15AM-7:00AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	
Cycle Drop-in Program		9:15AM-10:15AM (Cardio)	6:15AM-7:00AM (Cardio)	9:15AM-10:15AM (Cardio)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chairfit Drop-in Program			8:00AM-8:45AM (Low Impact)				
Group Active Drop-in Program			9:15AM-10:15AM (Cardio) 5:30PM-6:30PM (Cardio)				
Step Drop-in Program				5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)	
Turf Time Drop-in Program							10:15AM-11:00AM (Strength and Endurance)



Petrolia YMCA | March 30th - April 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training Drop-in Program		6:15PM-6:45PM (Strength and Endurance)					
AquaTherapy Drop-in Program			10:15AM-11:00AM (Aquatic Fitness)				
Barbell Fit Drop-in Program			5:45PM-6:30PM (Strength and Endurance)				
Total Body Conditioning Drop-in Program				6:15AM-7:00AM (Strength and Endurance)		9:00AM-9:45AM (Strength and Endurance)	
Active Agers Drop-in Program				11:00AM-11:30AM (Low Impact)			
Women on Weights Sign Up						1:00PM-2:00PM (Strength and Endurance)	



Lambton Shores YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program	8:00AM-8:45AM (Strength and Endurance)		8:00AM-8:45AM (Strength and Endurance) 6:00PM-7:00PM (Strength and Endurance)				
Yoga Drop-in Program	9:00AM-10:00AM (Low Impact)						
Group Power Drop-in Program	6:00PM-7:00PM (Strength and Endurance)			6:00PM-7:00PM (Strength and Endurance)		9:00AM-10:00AM (Strength and Endurance)	
Cycle and Core Drop-in Program		6:00AM-7:00AM (Cardio)		6:00AM-7:00AM (Cardio)			
Instructors Choice Drop-in Program		9:00AM-9:45AM (Strength and Endurance)					
Group Fight Drop-in Program		5:00PM-6:00PM (Cardio)		10:00AM-11:00AM (Cardio)			
Pilates Drop-in Program			9:00AM-9:45AM (Low Impact)				
Group Groove Drop-in Program			7:15PM-8:15PM (Cardio)				
Cycle Drop-in Program				6:30AM-7:00AM (Cardio)		8:15AM-8:45AM (Cardio)	
Baby and me fitness Sign Up				9:00AM-10:00AM (Cardio)			
Group Centergy Drop-in Program				7:15PM-8:15PM (Low Impact)			8:15AM-9:15AM (Low Impact)



StarTech.com Community Centre, YMCA, & Library | March 30th - April 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Stretch Drop-in Program		10:00AM-10:45AM (Strength and Endurance)		7:15PM-8:00PM (Strength and Endurance)			
Turf Time Drop-in Program		10:30AM-11:15AM (Strength and Endurance)	6:30PM-7:15PM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)			
Group Core Drop-in Program		5:30PM-6:00PM (Strength and Endurance)				11:00AM-11:30AM (Strength and Endurance)	
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					
Gentle Yoga Drop-in Program		6:30PM-7:30PM (Low Impact)					11:00AM-12:00PM (Low Impact)
Group Power Drop-in Program		7:00PM-8:00PM (Strength and Endurance)		10:00AM-11:00AM (Strength and Endurance) 6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
Core Drop-in Program			9:15AM-9:45AM (Strength and Endurance)				
Cycle and Core Drop-in Program				9:00AM-10:00AM (Cardio)			
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)



Centre Branch YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	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)	
Yoga Drop-in Program	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)
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)	5:45PM-6:45PM (Cardio)	9:30AM-10:30AM (Cardio)				9:30AM-10:30AM (Cardio)
Aquafit Drop-in Program	10:00AM-10:45AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)		12:00PM-1:00PM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	5:30PM-6:15PM (Aquatic Fitness)			10:00AM-10:45AM (Aquatic Fitness)
Group Power Drop-in Program	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)	
Gentle Joints Drop-in Program		10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
Drop In Squash Drop-in Program		7:00PM-8:00PM (Cardio) 7:00PM-8:00PM (Cardio)					
Water Walking Drop-in Program			11:00AM-11:45AM (Aquatic Fitness)				
Tri Club Bike Plus Drop-in Program						8:15AM-10:00AM (Cardio)	



Goderich Huron YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program	9:00AM-10:00AM (Strength and Endurance)						
Aquafit Drop-in Program	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)			
Chairfit Drop-in Program	10:15AM-11:15AM (Low Impact)		11:30AM-12:30PM (Low Impact)				
R30 Drop-in Program	11:30AM-12:00PM (Cardio)					8:15AM-8:45AM (Cardio)	
Group Blast Drop-in Program	6:00PM-7:00PM (Cardio)						
Group Active Drop-in Program		8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
TRX Drop-in Program		9:15AM-10:00AM (Strength and Endurance)					
Gentle Yoga Drop-in Program		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					
Cycle Drop-in Program			6:30AM-7:15AM (Cardio)				
Step Drop-in Program			9:00AM-9:45AM (Cardio)				
Yoga Drop-in Program			10:15AM-11:15AM (Low Impact) 7:15PM-8:15PM (Low Impact)	7:15PM-8:00PM (Low Impact)		10:15AM-11:15AM (Low Impact)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program			5:00PM-5:45PM (Strength and Endurance)				
Cardio Dance Drop-in Program			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)



Chatham-Kent YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program	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)	
Group Core Drop-in Program	9:30AM-10:00AM (Strength and Endurance)						
Chairfit Drop-in Program	10:00AM-10:45AM (Low Impact)			10:00AM-10:45AM (Low Impact)			
R30 Drop-in Program	10:00AM-10:30AM (Cardio)		12:15PM-12:45PM (Cardio)				
Cardio Dance Drop-in Program	12:00PM-12:45PM (Cardio)						
TRX Drop-in Program	1:00PM-2:00PM (Strength and Endurance)						
Group Active Drop-in Program	5:15PM-6:15PM (Cardio)			5:15PM-6:15PM (Cardio)			
Group Power Drop-in Program	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)	
Gentle Joints Drop-in Program		9:00AM-9:45AM (Aquatic Fitness)		9:00AM-9:45AM (Aquatic Fitness)			
Chair Yoga Drop-in Program		10:00AM-10:45AM (Low Impact)					
Yoga Drop-in Program		10:30AM-11:30AM (Low Impact)					
Total Body Conditioning Drop-in Program		12:10PM-12:55PM (Strength and Endurance)		12:10PM-12:55PM (Strength and Endurance)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fight Drop-in Program		5:15PM-6:15PM (Cardio)					
Cycle Drop-in Program		6:30PM-7:30PM (Cardio)					
Group Centergy Drop-in Program			9:30AM-10:30AM (Low Impact)				
Senior Wellness Drop-in Program			10:00AM-10:45AM (Low Impact)				
Essentrics Drop-in Program			11:00AM-12:00PM (Low Impact)				
Zumba Drop-in Program			5:15PM-6:15PM (Cardio)				
Turf Time Drop-in Program			6:30PM-7:30PM (Strength and Endurance)				
Gentle Yoga Drop-in Program				1:00PM-1:45PM (Low Impact)			



Stoney Creek Community Centre, YMCA & Library | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program	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)			10:00AM-11:00AM (Strength and Endurance)	
Aquafit Drop-in Program	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)	
Light and Lively Sign Up	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)			
Water Walking Drop-in Program	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
Yoga Drop-in Program	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-10:00AM (Low Impact)
Meditation Sign Up	11:15AM-12:00PM (Low Impact)						
Group Active Drop-in Program	5:30PM-6:30PM (Cardio)	11:00AM-12:00PM (Cardio)		11:00AM-12:00PM (Cardio) 5:30PM-6:30PM (Cardio)			9:00AM-10:00AM (Cardio)
Cycle Drop-in Program	6:00PM-6:45PM (Cardio)		6:00PM-6:45PM (Cardio)	9:15AM-10:00AM (Cardio)		8:15AM-9:00AM (Cardio)	
Cycle, Strength and Stretch Drop-in Program		6:15AM-7:00AM (Strength and Endurance)					
Gentle Yoga Drop-in Program		9:15AM-10:15AM (Low Impact)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Blast Drop-in Program		9:15AM-10:15AM (Cardio) 7:00PM-8:00PM (Cardio)		7:00PM-8:00PM (Cardio)		9:00AM-10:00AM (Cardio)	
Group Centergy Drop-in Program		7:00PM-8:00PM (Low Impact)	9:15AM-10:15AM (Low Impact)	7:00PM-8:00PM (Low Impact)			10:00AM-11:00AM (Low Impact)
Group Groove Drop-in Program		7:00PM-8:00PM (Cardio)		5:30PM-6:30PM (Cardio)		11:00AM-12:00PM (Cardio)	
Boot Camp Drop-in Program			6:15AM-7:00AM (Strength and Endurance) 10:15AM-11:15AM (Strength and Endurance)			8:10AM-8:55AM (Strength and Endurance)	
Gentle Joints Drop-in Program			10:00AM-10:45AM (Aquatic Fitness)				
Line Dancing Sign Up			12:00PM-1:00PM (Cardio) 1:15PM-2:15PM (Cardio) 2:30PM-3:30PM (Cardio)				
Group Fight Drop-in Program			5:30PM-6:30PM (Cardio)	9:15AM-10:15AM (Cardio)			10:00AM-11:00AM (Cardio)
Tai Chi Sign Up				7:45AM-8:45AM (Low Impact)			
Chair Yoga Sign Up				9:15AM-10:15AM (Low Impact)			
Afro Dance Sign Up						10:00AM-11:00AM (Cardio)	



Strathroy-Caradoc Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training Drop-in Program	10:00AM-10:45AM (Strength and Endurance)						
Light and Lively Drop-in Program	11:00AM-11:45AM (Low Impact)						
Cycle Drop-in Program	6:00PM-6:45PM (Cardio)			7:00AM-7:30AM (Cardio)		9:00AM-9:45AM (Cardio)	
Learn to Run Sign Up	6:00PM-6:45PM (Learn to Run)						
Kettlebell Drop-in Program	7:00PM-7:45PM (Strength and Endurance)					10:00AM-10:45AM (Strength and Endurance)	
Meditation Drop-in Program		9:15AM-9:50AM (Low Impact)					
Pilates Drop-in Program		10:00AM-10:45AM (Low Impact)					
Suspension Training Drop-in Program		6:00PM-6:45PM (Strength and Endurance)					
Mindful Movements Drop-in Program		7:00PM-7:45PM (Low Impact)					
Active Agers Drop-in Program			10:00AM-10:45AM (Low Impact)				
Dance Fit Drop-in Program			6:00PM-6:45PM (Cardio)	11:00AM-11:45AM (Cardio)			
Total Body Conditioning Drop-in Program			7:00PM-7:45PM (Strength and Endurance)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program				10:00AM-10:45AM (Low Impact) 7:00PM-7:45PM (Low Impact)			
Barbell Fit Drop-in Program				6:00PM-6:45PM (Strength and Endurance)			
Women's Self Defence Registration Closed						11:30AM-12:30PM (Workshop (13+))	
Strength and Stretch Drop-in Program							10:00AM-10:45AM (Strength and Endurance)



East Lambton YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baby and me fitness Sign Up	10:00AM-11:00AM (Cardio)						
Yoga Drop-in Program	6:00PM-7:00PM (Low Impact)						
Strength and Stretch Drop-in Program		9:00AM-10:00AM (Strength and Endurance)					
Restorative Yoga Drop-in Program		10:00AM-11:00AM (Low Impact)					
Light and Lively Drop-in Program			10:00AM-11:00AM (Low Impact)				
Turf Time Drop-in Program			6:00PM-7:00PM (Strength and Endurance)				
Pilates Drop-in Program			6:00PM-7:00PM (Low Impact)				
Total Body Conditioning Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			



Central Huron YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program	6:30PM-7:15PM (Low Impact)			9:15AM-10:15AM (Low Impact)			
Group Power Drop-in Program		6:30PM-7:30PM (Strength and Endurance)					
Cycle Drop-in Program			6:30PM-7:15PM (Cardio)				
TRX Drop-in Program						8:30AM-9:30AM (Strength and Endurance)	



Middlesex Centre Wellness & Recreation Complex | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program		6:30PM-7:30PM (Low Impact)				9:00AM-10:00AM (Low Impact)	
Cycle Drop-in Program							9:00AM-10:00AM (Cardio)