



Lambton Shores YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program	9:00AM-10:00AM (Low Impact)				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, Strength and Stretch Drop-in Program		6:00AM-7:00AM (Cardio)		6:00AM-7:00AM (Cardio)			
Light and Lively Drop-in Program				8:00AM-9:00AM (Low Impact)			
Pilates Drop-in Program				9:00AM-10:00AM (Low Impact)			
Group Centergy Drop-in Program				7:15PM-8:15PM (Low Impact)			8:15AM-9:15AM (Low Impact)
Circuit Training Drop-in Program					8:00AM-8:45AM (Strength and Endurance)		
Cycle Drop-in Program						8:15AM-8:45AM (Cardio)	



Middlesex Centre Wellness & Recreation Complex | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Agers Drop-in Program	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
Group Power Drop-in Program				9:15AM-10:15AM (Strength and Endurance)			
Yoga Drop-in Program						9:15AM-10:15AM (Low Impact)	



Goderich Huron YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaFit Drop-in Program	9:00AM-9:45AM (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)		
Total Body Conditioning Drop-in Program		6:45AM-7:45AM (Strength and Endurance)		6:45AM-7:45AM (Strength and Endurance)			
Group Active Drop-in Program				9:00AM-10:00AM (Cardio)			
Gentle Yoga Drop-in Program				10:15AM-11:15AM (Low Impact)			
Group Power Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			
Suspension Training Drop-in Program					9:00AM-9:45AM (Strength and Endurance)		
Strength and Stretch Drop-in Program					10:00AM-11:00AM (Strength and Endurance)		
Stretch Drop-in Program					11:00AM-11:30AM (Low Impact)		
Cardio Dance Drop-in Program						9:00AM-10:00AM (Cardio)	
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)



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

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

	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)	
Group Groove Sign Up				5:30PM-6:30PM (Cardio)		11:00AM-12:00PM (Cardio)	
Group Blast Drop-in Program				7:00PM-8:00PM (Cardio)		9:00AM-10:00AM (Cardio)	
Group Centergy Drop-in Program					9:15AM-10:15AM (Low Impact)		10:00AM-11:00AM (Low Impact)
Gentle Joints Drop-in Program					10:00AM-10:45AM (Aquatic Fitness)		
Boot Camp Drop-in Program						8:10AM-8:55AM (Strength and Endurance)	
Yoga Drop-in Program						9:00AM-10:00AM (Low Impact)	9:00AM-10:00AM (Low Impact)
group Power Drop-in Program						10:00AM-11:00AM (Cardio)	



Chatham-Kent YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Run Sign Up		5:45PM-6:45PM (Learn to Run)					
Group Power Drop-in Program				9:30AM-10:30AM (Strength and Endurance) 6:30PM-7:30PM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)	
Aquafit Drop-in Program				11:00AM-11:45AM (Aquatic Fitness) 6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness) 11:00AM-11:45AM (Aquatic Fitness)		
Total Body Conditioning Drop-in Program				12:10PM-12:55PM (Strength and Endurance)			
Cycle and Core Drop-in Program					9:30AM-10:30AM (Cardio)		
Turf Time Drop-in Program						10:30AM-11:15AM (Strength and Endurance)	



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program			9:15AM-10:15AM (Strength and Endurance)	5:30PM-6:30PM (Strength and Endurance)		9:15AM-10:15AM (Strength and Endurance)	
Cycle Drop-in Program				6:15AM-7:00AM (Cardio)			
Stretch Drop-in Program				8:00AM-8:45AM (Low Impact)	10:30AM-11:15AM (Low Impact)		
Boot Camp Drop-in Program				9:15AM-10:15AM (Strength and Endurance)			
Total Body Conditioning Drop-in Program				10:30AM-11:30AM (Strength and Endurance)			
Active Agers Drop-in Program					8:00AM-8:45AM (Low Impact)		
Group Active Drop-in Program					9:15AM-10:15AM (Cardio)		
Turf Time Drop-in Program					12:15PM-1:00PM (Strength and Endurance)		10:15AM-11:00AM (Strength and Endurance)
Zumba Drop-in Program						9:15AM-10:15AM (Cardio)	
Yoga Drop-in Program						10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)



East Lambton YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Light and Lively Drop-in Program			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
Strength and Stretch Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			
Pilates Drop-in Program					11:00AM-12:00PM (Low Impact)		



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Blast Drop-in Program				6:05AM-7:05AM (Cardio)		8:15AM-9:15AM (Cardio)	
Pickleball Drop-in Program				7:00AM-8:00AM (Cardio)	7:00AM-8:00AM (Cardio)		
Aquafit Drop-in Program				8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
Cycle Drop-in Program				9:00AM-9:45AM (Cardio)			
Yoga Drop-in Program				10:30AM-11:30AM (Low Impact) 7:00PM-8:00PM (Low Impact)			
Group Power Drop-in Program				5:30PM-6:30PM (Strength and Endurance)			
Group Active Drop-in Program				6:45PM-7:45PM (Cardio)	9:30AM-10:30AM (Cardio)		
Group Groove Drop-in Program					8:15AM-9:15AM (Cardio)		
Chairfit Drop-in Program					9:30AM-10:15AM (Low Impact)		
Group Core Drop-in Program						9:30AM-10:00AM (Strength and Endurance)	
TRX Drop-in Program						10:00AM-10:30AM (Strength and Endurance)	
Group Centergy Drop-in Program							9:30AM-10:30AM (Low Impact)



Petrolia YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program				6:15AM-7:00AM (Strength and Endurance)		9:00AM-9:45AM (Strength and Endurance)	
AquaFit Drop-in Program				8:15AM-9:00AM (Aquatic Fitness)			
Light and Lively Drop-in Program				9:15AM-10:00AM (Low Impact)			
Cycle, Strength and Stretch Drop-in Program				6:45PM-7:45PM (Strength and Endurance)			
Boot Camp Drop-in Program					6:15AM-7:00AM (Strength and Endurance)		
AquaDance Drop-in Program					8:15AM-9:00AM (Aquatic Fitness)		
Yin Yang Yoga Drop-in Program					9:15AM-10:00AM (Low Impact)		
Cycle Drop-in Program						8:00AM-8:45AM (Cardio)	



Strathroy-Caradoc Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program				7:00AM-7:30AM (Cardio)		9:00AM-9:45AM (Cardio)	
Yoga Drop-in Program				10:00AM-10:45AM (Low Impact) 7:00PM-7:45PM (Low Impact)			
Dance Fit Drop-in Program				11:00AM-11:45AM (Cardio)			
Barbell Fit Drop-in Program				6:00PM-6:45PM (Strength and Endurance)			
Kettlebell Drop-in Program						10:00AM-10:45AM (Strength and Endurance)	
Strength and Stretch Drop-in Program							11:00AM-11:45AM (Strength and Endurance)



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Light and Lively Drop-in Program				9:00AM-9:45AM (Low Impact)			
Pickleball Drop-in Program				10:00AM-1:00PM (Cardio)	10:00AM-1:00PM (Cardio)		
Cycle and Core Drop-in Program				10:00AM-11:00AM (Cardio)			
Turf Time Drop-in Program				10:30AM-11:30AM (Strength and Endurance)			
Group Power Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
Yoga Drop-in Program				6:45PM-7:45PM (Low Impact)	8:30AM-9:30AM (Low Impact)	11:00AM-12:00PM (Low Impact)	11:00AM-12:00PM (Low Impact)
Cycle Drop-in Program					9:00AM-9:45AM (Cardio)	9:00AM-9:45AM (Cardio)	
Group Active Drop-in Program					10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	
Group Groove Drop-in Program						11:00AM-12:00PM (Cardio)	
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)



Centre Branch YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit Drop-in Program				9:00AM-9:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)
Group Power Drop-in Program				9:30AM-10:30AM (Strength and Endurance)			
Yoga Drop-in Program				10:45AM-11:45AM (Low Impact) 7:00PM-8:00PM (Low Impact)			
Group Active Drop-in Program				5:30PM-6:30PM (Cardio)	9:30AM-10:30AM (Cardio)	9:30AM-10:30AM (Cardio)	
Cycle Drop-in Program					9:30AM-10:30AM (Cardio)		
Group Centergy Drop-in Program					10:45AM-11:45AM (Low Impact)		
Run Club-Springbank Park Drop-in Program							10:00AM-11:00AM (Learn to Run)



Central Huron YMCA | September 8th - September 14th

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



Woodstock YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Drop-in Program						9:00AM-10:00AM (Strength and Endurance)	