



Family YMCA of St.Thomas-Elgin | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	6:05AM-7:05AM (Cardio) 8:15AM-9:15AM (Cardio)	6:45PM-7:45PM (Cardio)	8:15AM-9:15AM (Cardio)	5:30PM-6:30PM (Cardio)	8:15AM-9:15AM (Cardio)		
Pickleball Drop-in Program	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)		
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) 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)	
Group Power Drop-in Program	9:30AM-10:30AM (Strength and Endurance)	6:05AM-7:05AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)	9:30AM-10:30AM (Strength and Endurance)		6:05AM-7:05AM (Strength and Endurance)		
Chairfit Drop-in Program	9:30AM-10:15AM (Low Impact)		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)		10:00AM-11:00AM (Low Impact) 7:00PM-8:00PM (Low Impact)			
Group Blast Drop-in Program	5:30PM-6:30PM (Cardio)			6:05AM-7:05AM (Cardio)		8:15AM-9:15AM (Cardio)	
Group Centergy Drop-in Program	6:30PM-7:30PM (Low Impact)	9:30AM-10:30AM (Low Impact)	6:30PM-7:30PM (Low Impact)				9:30AM-10:30AM (Low Impact)
AquaFit Deep Drop-in Program	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				
Group Fight Drop-in Program		8:15AM-9:15AM (Cardio)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX Drop-in Program		4:30PM-5:00PM (Strength and Endurance)				10:00AM-10:30AM (Strength and Endurance)	
Group Core Drop-in Program		5:00PM-5:30PM (Strength and Endurance)				9:30AM-10:00AM (Strength and Endurance)	
Youth Fitness (10-12) Drop-in Program		6:30PM-7:30PM (Strength and Endurance)					
Chair Yoga Drop-in Program			10:30AM-11:15AM (Low Impact)				
Kettlebell Drop-in Program			5:15PM-6:00PM (Strength and Endurance)				
Group Groove Drop-in Program			5:30PM-6:30PM (Cardio)		9:30AM-10:30AM (Cardio)		
Cycle Drop-in Program				9:00AM-9:45AM (Cardio)			
Strength and Stretch Drop-in Program				9:30AM-10:15AM (Strength and Endurance)			
Pilates Drop-in Program				6:00PM-6:45PM (Low Impact)			
Yin Yoga Drop-in Program					10:30AM-11:30AM (Low Impact)		
Aqua Yoga Drop-in Program					12:00PM-12:45PM (Aquatic Fitness)		
Tai Chi Drop-in Program					5:30PM-6:15PM (Low Impact)		



Petrolia YMCA | April 28th - May 4th

	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)	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)				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)				6:15AM-7:00AM (Strength and Endurance)		
Aquadance Drop-in Program	6:30PM-7:15PM (Aquatic Fitness)		2:15PM-3:00PM (Aquatic Fitness)	10:15AM-11:00AM (Aquatic Fitness)			9:00AM-9:45AM (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)				
Walking to Fitness Drop-in Program			11:30AM-12:15PM (Cardio)				
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)			
Yin Yang Yoga Drop-in Program					9:15AM-10:00AM (Low Impact)		
Chairfit Drop-in Program					10:30AM-11:15AM (Low Impact)		



Sarnia-Lambton YMCA Jerry McCaw Family Centre | April 28th - May 4th

	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)				
Active Agers Drop-in Program	8:00AM-8:45AM (Low Impact)				8:00AM-8:45AM (Low Impact)		
Step Drop-in Program	9:15AM-10:15AM (Cardio)						
Group Power Drop-in Program	9:15AM-10:15AM (Strength and Endurance)		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)	
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)	10:45AM-11:30AM (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)			9:15AM-10:15AM (Strength and Endurance)			
Yoga Drop-in Program	7:30PM-8:30PM (Low Impact)		7:30PM-8:30PM (Low Impact)		7:30PM-8:30PM (Low Impact)	10:30AM-11:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)
Cycle Drop-in Program		6:15AM-7:00AM (Cardio) 9:15AM-10:00AM (Cardio)		9:15AM-10:00AM (Cardio)	6:15AM-7:00AM (Cardio)		
Core Strength and Stretch Drop-in Program		8:00AM-8:45AM (Strength and Endurance)	6:15AM-7:00AM (Strength and Endurance)	8:00AM-8:45AM (Strength and Endurance)	10:30AM-11:15AM (Strength and Endurance)		
Total Body Conditioning Drop-in Program		9:15AM-10:15AM (Strength and Endurance)		10:30AM-11:30AM (Strength and Endurance)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Drop-in Program		10:30AM-11:15AM (Low Impact)					
Zumba Drop-in Program		5:30PM-6:30PM (Cardio)		5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)	
Chairfit Drop-in Program			8:00AM-8:45AM (Low Impact)				
Group Active Drop-in Program			5:30PM-6:30PM (Cardio)		9:15AM-10:15AM (Cardio)		
Turf Time Drop-in Program					12:15PM-1:00PM (Strength and Endurance)		10:15AM-11:00AM (Strength and Endurance)



Lambton Shores YMCA | April 28th - May 4th

	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)				
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 (Strength and Endurance)		6:00AM-7:00AM (Strength and Endurance)			
Interval Training Drop-in Program		8:00AM-8:45AM (Strength and Endurance)					
Group Fight Drop-in Program			9:00AM-9:45AM (Cardio)				
Core Strength and Stretch Drop-in Program			6:00PM-7:00PM (Strength and Endurance)				
Pilates Drop-in Program				9:00AM-9:35AM (Low Impact)			
Light and Lively Drop-in Program				10:00AM-11:00AM (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)	



StarTech.com Community Centre, YMCA, & Library | April 28th - May 4th

	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)	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)
Yoga Drop-in Program	8:30AM-9:30AM (Low Impact) 5:30PM-6:30PM (Low Impact)	9:30AM-10:30AM (Low Impact)	8:30AM-9:30AM (Low Impact)	10:00AM-11:00AM (Low Impact)	8:30AM-9:30AM (Low Impact)	11:00AM-12:00PM (Low Impact)	
Cycle Drop-in Program	9:00AM-9:45AM (Cardio)				9:00AM-9:45AM (Cardio)	9:00AM-9:45AM (Cardio)	
Pickleball Sign Up	9:00AM-10:30AM (Cardio) 10:30AM-12:00PM (Cardio)	9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio) 10:30AM-12:00PM (Cardio)	9:00AM-12:00PM (Cardio)	9:00AM-10:30AM (Cardio) 10:30AM-12:00PM (Cardio)		
Boot Camp Drop-in Program	10:00AM-10:45AM (Strength and Endurance) 6:30PM-7:15PM (Strength and Endurance)						
Kettlebell Sign Up	10:00AM-10:45AM (Strength and Endurance)	5:30PM-6:15PM (Strength and Endurance)	5:30PM-6:15PM (Strength and Endurance)				
Chair Yoga Sign Up	10:00AM-10:45AM (Low Impact) 10:00AM-10:45AM (Low Impact)	11:00AM-11:45AM (Low Impact)	10:00AM-10:45AM (Low Impact) 10:00AM-10:45AM (Low Impact)				
Quantum Flow Sign Up	11:00AM-11:45AM (Low Impact)						
Group Active Drop-in Program	5:30PM-6:30PM (Cardio) 5:30PM-6:30PM (Cardio)		10:00AM-11:00AM (Cardio)		10:00AM-11:00AM (Cardio)	10:00AM-11:00AM (Cardio)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Light and Lively Drop-in Program		9:00AM-9:45AM (Low Impact)		9:00AM-9:45AM (Low Impact)			
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)	10:00AM-11:15AM (Strength and Endurance)			
Group Core Drop-in Program		5:30PM-6:00PM (Strength and Endurance)					
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					
Salsa and Merengue Couples Sign Up		6:45PM-7:45PM (Cardio)		6:45PM-7:45PM (Cardio)			
Gentle Yoga Drop-in Program		6:45PM-7:45PM (Low Impact)					11:00AM-12:00PM (Low Impact)
Group Power Drop-in Program		7:00PM-8:00PM (Strength and Endurance) 7:00PM-8:00PM (Strength and Endurance)		6:00PM-7:00PM (Strength and Endurance)			10:00AM-11:00AM (Strength and Endurance)
Ballroom dancing Level 2 Sign Up		8:00PM-9:00PM (Cardio)					
Core Drop-in Program			9:15AM-9:45AM (Strength and Endurance)				
Women on Weights Sign Up			9:30AM-10:30AM (Strength and Endurance)				
Line Dancing Sign Up			11:15AM-12:15PM (Cardio)				
Taekwondo Sign Up			6:00PM-7:00PM (Low Impact)				1:00PM-2:00PM (Low Impact)
Cycle and Core Drop-in Program				10:00AM-11:00AM (Cardio)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ballroom dancing Level 1 Sign Up				8:00PM-9:00PM (Cardio)			
Group Groove Drop-in Program						11:00AM-12:00PM (Cardio)	
Group Centergy Drop-in Program							8:30AM-9:30AM (Low Impact)



Goderich Huron YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Drop-in Program	9:00AM-10:00AM (Strength and Endurance)			6:00PM-7:00PM (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)	9:00AM-9:45AM (Aquatic Fitness)		
Strength and Stretch Drop-in Program	10:15AM-11:00AM (Strength and Endurance)				10:00AM-11:00AM (Strength and Endurance)		
Baby and me fitness Drop-in Program	11:15AM-12:00PM (Cardio) 1:00PM-1:45PM (Cardio)						
Yoga Drop-in Program	4:30PM-5:30PM (Low Impact)	7:15PM-8:00PM (Low Impact)	10:15AM-11:15AM (Low Impact) 7:15PM-8:15PM (Low Impact)	7:15PM-8:15PM (Low Impact)	8:00AM-8:45AM (Low Impact)	10:15AM-11:15AM (Low Impact)	
Group Blast Drop-in Program	6:00PM-7:00PM (Cardio)						
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		8:00AM-9:00AM (Cardio)		9:00AM-10:00AM (Cardio)			
Suspension Training Drop-in Program		9:15AM-10:00AM (Strength and Endurance)			9:00AM-9:45AM (Strength and Endurance)		11:30AM-12:15PM (Strength and Endurance)
Gentle Yoga Drop-in Program		10:15AM-11:15AM (Low Impact)		10:15AM-11:15AM (Low Impact)			
Kickboxing Drop-in Program		5:00PM-5:45PM (Cardio)		5:00PM-5:45PM (Cardio)		4:30PM-5:30PM (Cardio)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fight Drop-in Program		6:00PM-7:00PM (Cardio)					
Cycle Drop-in Program			6:30AM-7:15AM (Cardio)		6:30AM-7:15AM (Cardio)		
Step Drop-in Program			9:00AM-9:45AM (Cardio)				
Dance Fit Drop-in Program			11:30AM-12:00PM (Cardio)				
Cardio Dance Drop-in Program			6:00PM-7:00PM (Cardio)			9:00AM-10:00AM (Cardio)	
Stretch Drop-in Program					11:00AM-11:30AM (Low Impact)		
Restorative Yoga Drop-in Program							10:15AM-11:15AM (Low Impact)



Middlesex Centre Wellness & Recreation Complex | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Agers Drop-in Program	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
Yoga Drop-in Program		9:30AM-10:30AM (Low Impact) 6:00PM-7:30PM (Low Impact)				9:15AM-10:15AM (Low Impact)	
Total Body Conditioning Drop-in Program			9:00AM-10:00AM (Strength and Endurance)				
Group Power Drop-in Program				9:15AM-10:15AM (Strength and Endurance)			



Chatham-Kent YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaFit Drop-in Program	9:00AM-9:45AM (Aquatic Fitness) 11:00AM-11:45AM (Aquatic Fitness)	9:00AM-9:45AM (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) 11:00AM-11:45AM (Aquatic Fitness) 6:45PM-7:30PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness) 11:00AM-11:45AM (Aquatic Fitness)		
Group Core Drop-in Program	9:30AM-10:00AM (Strength and Endurance)						9:30AM-10:00AM (Strength and Endurance)
Group Fight Drop-in Program	10:00AM-10:30AM (Cardio)	5:15PM-6:15PM (Cardio)					
Chairfit Drop-in Program	10:00AM-10:30AM (Low Impact)						
Group Groove Drop-in Program	12:00PM-1:00PM (Cardio)						
Group Active Drop-in Program	5:15PM-6:15PM (Cardio)						
Group Power Drop-in Program	6:30PM-7:30PM (Strength and Endurance)			9:30AM-10:30AM (Strength and Endurance) 6:30PM-7:30PM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)	
TRX Drop-in Program		9:30AM-10:15AM (Strength and Endurance)			9:30AM-10:15AM (Strength and Endurance)		
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)			
Cycle Drop-in Program		6:30PM-7:00PM (Cardio)	12:15PM-12:45PM (Cardio)			8:15AM-9:15AM (Cardio)	

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



Stoney Creek Community Centre, YMCA & Library | April 28th - May 4th

	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)		9:15AM-10:15AM (Strength and Endurance) 5:30PM-6:30PM (Strength and Endurance)	10:00AM-11:05AM (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)	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)						
Gym-Able Sign Up	5:15PM-5:45PM (Gym-Able) 6:15PM-6:45PM (Gym-Able) 7:15PM-7:45PM (Gym-Able)	5:15PM-5:45PM (Gym-Able) 6:15PM-6:45PM (Gym-Able) 7:15PM-7:45PM (Gym-Able)	5:15PM-5:45PM (Gym-Able) 6:15PM-6:45PM (Gym-Able) 7:15PM-7:45PM (Gym-Able)	5:15PM-5:45PM (Gym-Able) 6:15PM-6:45PM (Gym-Able) 7:15PM-7:45PM (Gym-Able)			
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)	8:00AM-9:00AM (Strength and Endurance)		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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle, Strength and Stretch Drop-in Program		6:15AM-7:00AM (Strength and Endurance)					
Group Blast Drop-in Program		9:15AM-10:15AM (Cardio) 7:00PM-8:05PM (Cardio)		7:00PM-8:00PM (Cardio)		9:00AM-10:00AM (Cardio)	
Gentle Yoga Drop-in Program		9:15AM-10:15AM (Low Impact)					
Group Groove Drop-in Program		7:00PM-8:00PM (Cardio)		5:30PM-6:30PM (Cardio)		11:00AM-12:00PM (Cardio)	
Group Centergy Drop-in Program		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)
Boot Camp Drop-in Program			6:15AM-7:00AM (Strength and Endurance) 10:15AM-11:00AM (Strength and Endurance)			8:10AM-8:55AM (Strength and Endurance)	
Gentle Joints Drop-in Program			10:00AM-10:45AM (Aquatic Fitness)		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)	



Centre Branch YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (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)	10:45AM-11:45AM (Low Impact) 7:00PM-8:00PM (Low Impact)			
AquaFit Drop-in Program	10:00AM-10:45AM (Aquatic Fitness)	9:30AM-10:15AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness) 5:30PM-6:15PM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)
Meditation Drop-in Program	10:45AM-11:30AM (Low Impact)						
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)			
Pickleball Drop-in Program	1:00PM-2:30PM (Cardio)		1:00PM-2:30PM (Cardio)				
Boot Camp Drop-in Program		12:00PM-1:00PM (Strength and Endurance)					
Gentle AquaFit Drop-in Program		4:00PM-4:45PM (Low Impact)					
Group Active Drop-in Program		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)	
Drop In Squash Drop-in Program		7:00PM-8:45PM (Cardio) 7:00PM-8:45PM (Cardio)					
Water Walking Drop-in Program			11:15AM-11:45AM (Aquatic Fitness)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Drop-in Program				9:30AM-10:30AM (Low Impact)			
Group Centergy Drop-in Program					10:45AM-11:45AM (Low Impact)		
Tri Club Bike Plus Drop-in Program						8:15AM-10:00AM (Cardio)	
Run Club Drop-in Program							10:00AM-11:00AM (Learn to Run)



Woodstock YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)	6:30PM-7:30PM (Cardio)					
Line Dancing Drop-in Program	2:00PM-3:00PM (Cardio)						
Yoga Drop-in Program		9:30AM-10:30AM (Low Impact)					
Total Body Conditioning Drop-in Program		10:30AM-11:30AM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)		9:30AM-10:30AM (Strength and Endurance)	
Light and Lively Drop-in Program			9:30AM-10:30AM (Low Impact)		9:30AM-10:30AM (Low Impact)		
Chairfit Drop-in Program			10:30AM-11:00AM (Low Impact)		10:30AM-11:00AM (Low Impact)		



Strathroy-Caradoc Family YMCA | April 28th - May 4th

	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)	
Pilates Drop-in Program		10:00AM-10:45AM (Low Impact)					
Suspension Training Drop-in Program		6:00PM-6:45PM (Strength and Endurance)					
Core Strength and Stretch Drop-in Program		7:00PM-7:45PM (Strength and Endurance)			10:00AM-10:45AM (Strength and Endurance)		
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)				
Yoga Drop-in Program				10:00AM-10:45AM (Low Impact) 7:00PM-7:45PM (Low Impact)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barbell Fit Drop-in Program				6:00PM-6:45PM (Strength and Endurance)			
Strength and Stretch Drop-in Program							11:00AM-11:45AM (Strength and Endurance)



East Lambton YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Drop-in Program	10:00AM-11:00AM (Low Impact)						
Learn to Run Sign Up	5:00PM-6:00PM (Learn to Run)			5:00PM-6:00PM (Learn to Run)			
Strength and Stretch Drop-in Program		7:00AM-7:45AM (Strength and Endurance)					
Baby and me fitness Sign Up		11:00AM-12:00PM (Cardio)					
Yoga Drop-in Program		6:00PM-7:00PM (Low Impact)					
Pilates Drop-in Program		7:00PM-8:00PM (Low Impact)			11:00AM-12:00PM (Low Impact)		
Light and Lively Drop-in Program			10:00AM-11:00AM (Low Impact)		10:00AM-11:00AM (Low Impact)		
Turf Time Drop-in Program			6:00PM-7:00PM (Strength and Endurance)				
Strength & Stretch Drop-in Program				6:00PM-7:00PM (Strength and Endurance)			



Central Huron YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program	6:30PM-7:15PM (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)	