



Sarnia-Lambton YMCA Jerry McCaw Family Centre | July 7th - July 13th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Agers Drop-in Program					8:00AM-8:45AM (Low Impact)		
Turf Time Drop-in Program					12:15PM-1:00PM (Strength and Endurance)		10:15AM-11:00AM (Strength and Endurance)