



Bob Hayward YMCA | December 5th - December 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Conditioning Drop-in Program	5:30PM-6:30PM (Adult Group Fitness (13+))		5:30PM-6:30PM (Adult Group Fitness (13+))				
Chair Yoga Drop-in Program		8:45AM-9:30AM (Adult Group Fitness (13+))					
Ladies Day Out Sign Up		9:00AM-3:00PM (Ladies Day Out)					
Chair Fit: Balance Drop-in Program		10:00AM-10:45AM (Adult Group Fitness (13+))					
Yoga Drop-in Program		5:30PM-6:30PM (Adult Group Fitness (13+))		8:30AM-9:30AM (Adult Group Fitness (13+))			
Chair Fit: Strength & Stretch Drop-in Program				10:00AM-10:45AM (Adult Group Fitness (13+))			
Group Power (Virtual Instructor) Drop-in Program				5:30PM-6:30PM (Adult Group Fitness (13+))		10:30AM-11:30AM (Adult Group Fitness (13+))	
Group Ride (Virtual Instructor) Drop-in Program					10:00AM-11:00AM (Adult Group Fitness (13+))		
Group Core (Virtual Instructor) Drop-in Program					5:30PM-6:00PM (Adult Group Fitness (13+))		
Group Active (Virtual Instructor) Drop-in Program						9:00AM-10:00AM (Adult Group Fitness (13+))	