



Central Huron YMCA | April 15th - April 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program	6:00PM-7:00PM (Low Impact)						
Cycle Drop-in Program		7:15AM-8:00AM (Cardio)		6:30PM-7:15PM (Cardio)			
Group Power Drop-in Program		6:30PM-7:30PM (Strength and Endurance)					
Group Active Drop-in Program			6:30PM-7:30PM (Cardio)				
Suspension Training Drop-in Program				7:30PM-8:00PM (Strength and Endurance)		8:00AM-9:00AM (Strength and Endurance)	