



Central Huron YMCA | August 11th - August 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> <a href="#">Drop-in Program</a>	6:30PM-7:15PM (Low Impact)						
<b>Group Power</b> <a href="#">Drop-in Program</a>		6:30PM-7:30PM (Strength and Endurance)					
<b>Cycle</b> <a href="#">Drop-in Program</a>			6:30PM-7:15PM (Cardio)				
<b>TRX</b> <a href="#">Drop-in Program</a>						8:30AM-9:30AM (Strength and Endurance)	