



## Central Huron YMCA | January 12th - January 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> <a href="#">Drop-in Program</a>	6:30PM-7:15PM (Low Impact)			9:15AM-10:15AM (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)	