

Central Huron YMCA | November 17th - November 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga	6:30PM-7:15PM (Low Impact)						
<u>Drop-in Program</u>	, ,						
Group Power		6:30PM-7:30PM (Strength and Endurance)					
<u>Drop-in Program</u>		(c					
Cycle			6:30PM-7:15PM (Cardio)				
<u>Drop-in Program</u>			, , ,				
Gentle Yoga				9:15AM-10:15AM (Low Impact)			
<u>Drop-in Program</u>				, ,			
TRX						8:30AM-9:30AM (Strength and Endurance)	
<u>Drop-in Program</u>							