



Central Huron YMCA | January 12th - January 18th

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