



Central Huron YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	6:30AM-7:15AM (Cardio)		6:30PM-7:15PM (Cardio)				
Yoga Drop-in Program	6:30PM-7:15PM (Low Impact)						
Group Power Drop-in Program		6:30PM-7:30PM (Strength and Endurance)					
Gentle Yoga Drop-in Program				9:00AM-10:00AM (Low Impact)			
TRX Drop-in Program						8:30AM-9:30AM (Strength and Endurance)	