



## Centre Branch YMCA | December 5th - December 11th

|  | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>                                  | <b>Saturday</b>                               | <b>Sunday</b> |
|--|--|--|--|--|--|---|---------------|
| <b>Tri Swim</b><br><a href="#">Sign Up</a>               | 6:15AM-7:15AM<br>(Adult Group Fitness (13+))   |  |  |  | 6:15AM-7:15AM<br>(Adult Group Fitness (13+))   |   |               |
| <b>Group Active</b><br><a href="#">Drop-in Program</a>   | 9:30AM-10:30AM<br>(Adult Group Fitness (13+))  |  | 9:30AM-10:30AM<br>(Adult Group Fitness (13+))  | 5:00PM-6:00PM<br>(Adult Group Fitness (13+))   | 9:30AM-10:30AM<br>(Adult Group Fitness (13+))  | 9:00AM-10:00AM<br>(Adult Group Fitness (13+)) |               |
| <b>Aquafit</b><br><a href="#">Drop-in Program</a>        | 10:00AM-10:45AM<br>(Adult Group Fitness (13+))<br><br>12:00PM-12:45PM<br>(Adult Group Fitness (13+)) | 9:00AM-9:45AM<br>(Adult Group Fitness (13+))<br><br>10:00AM-10:45AM<br>(Adult Group Fitness (13+)) | 7:00AM-7:45AM<br>(Adult Group Fitness (13+))<br><br>10:00AM-10:45AM<br>(Adult Group Fitness (13+))<br><br>12:00PM-12:45PM<br>(Adult Group Fitness (13+))<br><br>5:30PM-6:15PM<br>(Adult Group Fitness (13+)) | 9:00AM-9:45AM<br>(Adult Group Fitness (13+))<br><br>10:00AM-10:45AM<br>(Adult Group Fitness (13+)) | 10:00AM-10:45AM<br>(Adult Group Fitness (13+)) | 8:30AM-9:15AM<br>(Adult Group Fitness (13+))  |               |
| <b>Cycle</b><br><a href="#">Drop-in Program</a>          | 10:45AM-11:30AM<br>(Adult Group Fitness (13+))   |  | 10:45AM-11:30AM<br>(Adult Group Fitness (13+))   |  |  | 8:15AM-9:00AM<br>(Adult Group Fitness (13+))  |               |
| <b>Group Power</b><br><a href="#">Drop-in Program</a>    | 12:00PM-1:00PM<br>(Adult Group Fitness (13+))<br><br>5:00PM-6:00PM<br>(Adult Group Fitness (13+))    | 9:30AM-10:30AM<br>(Adult Group Fitness (13+))  | 12:00PM-1:00PM<br>(Adult Group Fitness (13+))  | 9:30AM-10:30AM<br>(Adult Group Fitness (13+))  |  |   |               |
| <b>Turf Time</b><br><a href="#">Drop-in Program</a>      | 6:00PM-7:00PM<br>(Adult Group Fitness (13+))   | 12:15PM-12:45PM<br>(Adult Group Fitness (13+))   |  |  |  |   |               |
| <b>Yoga</b><br><a href="#">Drop-in Program</a>           |  | 10:30AM-11:30AM<br>(Adult Group Fitness (13+))<br><br>7:00PM-8:00PM<br>(Adult Group Fitness (13+)) |  | 10:30AM-11:30AM<br>(Adult Group Fitness (13+))<br><br>7:00PM-8:00PM<br>(Adult Group Fitness (13+)) |  |   |               |
| <b>Tri Club Swim and Bike</b><br><a href="#">Sign Up</a> |  |  | 6:15AM-7:15AM<br>(Adult Group Fitness (13+))   |  |  | 8:15AM-9:15AM<br>(Adult Group Fitness (13+))  |               |
| <b>Group Core</b><br><a href="#">Drop-in Program</a>     |  |  | 6:00PM-6:30PM<br>(Adult Group Fitness (13+))   | 6:00PM-6:30PM<br>(Adult Group Fitness (13+))   |  | 8:30AM-9:00AM<br>(Adult Group Fitness (13+))  |               |

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|--|---------------|----------------|------------------|-----------------|---------------|--|---------------|
| <b>Group Centergy</b><br><a href="#">Drop-in Program</a> |               |                |                  |                 |               | 10:15AM-11:15AM<br>(Adult Group Fitness (13+)) |               |