



Centre Branch YMCA | April 22nd - April 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Active Drop-in Program	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)	9:30AM-10:30AM (Cardio)	
Cycle Drop-in Program	9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)		9:30AM-10:30AM (Cardio)	9:30AM-10:30AM (Cardio)	
Group Centergy Drop-in Program					10:45AM-11:45AM (Low Impact)		9:30AM-10:30AM (Low Impact)
Tri Club Bike Plus Drop-in Program						8:15AM-10:00AM (Cardio)	
Group Core Drop-in Program						8:45AM-9:15AM (Strength and Endurance)	